



# UCOOK

## Creation's Lamb Rump & Beetroot

with orzo, roasted veg & pistachio

This velvety dish inspired by Creation Wines is a perfect partner for their Pinot Noir. Seared lamb rump & roasted red onion wedges are placed on a bed of beetroot & crème fraîche orzo, beautifully contrasted by pistachio and sage. It's utterly delectable!

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**Hands-on Time:** 25 minutes

**Overall Time:** 50 minutes

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**Serves:** 3 People

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**Chef:** Creation Winery

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 Adventurous Foodie

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 Creation Wines | Creation Pinot Noir 2021

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## Ingredients & Prep

450g	Beetroot
2	Red Onions <i>1½ cut into wedges</i>
300ml	Orzo Pasta
15g	Pistachio Nuts <i>finely chopped</i>
12g	Fresh Sage <i>rinsed, picked &amp; finely sliced</i>
90ml	Crème Fraîche
480g	Free-range Lamb Rump

## From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Butter (optional)
Blender
Paper Towel

**1. LET'S BEET IT!** Preheat the oven to 200°C. Boil the kettle. Wash the beetroot, trim the ends, and cut into bite-sized chunks. Place the beetroot chunks alongside the onion wedges on a roasting tray. Drizzle with a splash of oil and season. Roast in the hot oven for 35-40 minutes until cooked through and crispy, shifting halfway.

**2. GET THE ORZO ON THE GO!** Fill a pot for the orzo pasta with 600ml of boiling water and add a pinch of salt. Once the water is boiling rapidly, cook the orzo for 7-10 minutes until al dente. Remove from the heat, drain if necessary, and toss through some oil to prevent sticking.

**3. TOASTY PISTACHIOS** Place the chopped pistachios in a pan over medium heat. Toast for 2-4 minutes until starting to brown, shifting occasionally. Remove from the pan and set aside to cool. Return the pan to medium heat with a drizzle of oil or a knob of butter. When hot, add the sliced sage leaves, and toast for 1-2 minutes (or until slightly crispy).

**4. GORGEOUS SAUCE** Place ½ of the roasted beetroot and 150ml water into a blender and blend until smooth. Add a knob of butter (optional), ½ of the crème fraîche, and some seasoning. Mix until well combined. Just before serving, stir the beetroot sauce into the pot of orzo. Return the pot to medium heat for 2-4 minutes until warmed through. Season and add a splash of water if the mixture is too thick.

**5. SIZZLING RUMP** Pat the lamb rump dry with some paper towel. Place a pan over medium-high heat with a drizzle of oil. When hot, sear the steaks fat-side down for 3-5 minutes until crispy. Then, fry for 3-4 minutes per side, or until cooked to your preference (this time frame may depend on the thickness of the steaks). During the final 1-2 minutes, baste with a knob of butter (optional). Remove from the pan, reserving the pan juice, and allow to rest for 5 minutes before slicing and lightly seasoning.

**6. CREAMY BEETROOT FEAST** Plate up the beetroot orzo. Top with the remaining roasted beetroot, onion wedges, sizzling rump slices, and drizzle over any pan juices. Dollop with the remaining crème fraîche. Sprinkle over the toasted pistachios. Garnish with the toasted sage leaves and enjoy. Beautiful, Chef!

## Nutritional Information

Per 100g

Energy	807kJ
Energy	193kcal
Protein	8.5g
Carbs	18g
of which sugars	1.9g
Fibre	2g
Fat	9.3g
of which saturated	4g
Sodium	51mg

## Allergens

Gluten, Dairy, Allium, Wheat, Tree Nuts

Cook  
within  
4 Days