



UCOOK

Crusted Lamb & Bread Sauce

with fluffy mash potatoes & a roasted carrot salad

Beautiful lamb rump is roasted to perfection before being coated in a delicious cheese & parsley crumb coating. It is served with bread sauce, a sauce made from onion and clove-infused milk and panko breadcrumbs. Finished off with smooth mash and a roasted carrot salad, this dish is hearty and super simple!

Hands-On Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Ella Nasser

 Adventurous Foodie

 Boschendal | Stellenbosch Cabernet Sauvignon

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Ingredients & Prep

120g	Carrot <i>rinsed, trimmed & cut into wedges</i>
200g	Potato <i>rinsed, peeled & cut into bite-sized chunks</i>
160g	Free-range Lamb Rump
50ml	Grated Italian-style Hard Cheese
4g	Fresh Parsley <i>rinsed, picked & roughly chopped</i>
60ml	Low Fat Fresh Milk
5ml	Dried Cloves
1	Onion <i>peeled & cut in half</i>
50ml	Panko Breadcrumbs
20g	Green Leaves <i>rinsed</i>

From Your Kitchen

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

1. ROASTED CARROTS Preheat the oven to 200°C. Spread out the carrot wedges on a roasting tray, coat in oil, and seasoning. Roast in the hot oven for 25-30 minutes until cooked through and crisping up.

2. MASH UP Place a pot of cold salted water over a high heat. Add the potato chunks and bring to the boil. Once boiling, reduce the heat and simmer for 10-15 minutes until soft. Drain on completion, and mash with a potato masher or fork until smooth. Then, stir through a splash of milk or water and a knob of butter. Season to taste and cover to keep warm.

3. SUCCULENT LAMB Place a pan over a medium-high heat with a drizzle of oil. Pat the lamb dry with paper towel and season. When the pan is hot, brown the lamb for 3-4 minutes, shifting as it colours. Once browned, add to the roasting tray with the carrots to finish cooking in the hot oven for 4-5 minutes, or until cooked to your liking.

4. CHEESY CRUMB In a shallow bowl, combine the grated cheese, ½ the chopped parsley, and seasoning. When the lamb is done roasting, roll the lamb through the cheese-parsley mixture until well coated. Gently slice and season.

5. GET THAT BREAD Place a pot over a medium heat. Add the milk, the dried cloves, and the halved onion. Leave to simmer for 2-4 minutes. Then, bring the mixture up to the boil for a further 2-4 minutes, making sure the mixture does not boil over. Remove from the heat and remove the cloves and the onion halves. To the pot of milk, add the breadcrumbs, 20g of butter, a splash of water, and seasoning. Stir occasionally until the mixture thickens and becomes smoother. Just before serving, toss the rinsed green leaves with the roasted carrots, a drizzle of oil, and seasoning.

6. LAMB-AZING! Plate up the succulent crusted lamb slices. Dollop over the bread sauce. Serve with the fluffy mash and the carrot wedge salad. Sprinkle over the remaining parsley. Well done, Chef!

Nutritional Information

Per 100g

Energy	545kJ
Energy	130Kcal
Protein	7.1g
Carbs	11g
of which sugars	2.3g
Fibre	1.7g
Fat	6.7g
of which saturated	3g
Sodium	63mg

Allergens

Egg, Gluten, Dairy, Allium, Wheat

Cook
within
4 Days