



UCOOK

Greek Almond-crusted Lamb

with orzo & sun-dried tomatoes

Lamb is cooked until succulent before being covered in a beautiful almond & parsley crumb. It is served on a bed of tender orzo studded with chopped sun-dried tomato. You will love each and every bite of this wonderful dish!

Hands-on Time: 20 minutes

Overall Time: 35 minutes

Serves: 2 People

Chef: Aisling Kenny

Adventurous Foodie

 Waterford Estate | Waterford Grenache Noir

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Ingredients & Prep

200ml	Orzo Pasta
10ml	Vegetable Stock
1	Garlic Clove <i>peel & grate</i>
40g	Sun-dried Tomatoes <i>drain & roughly chop</i>
50g	Italian Style Hard Cheese <i>grate</i>
40g	Spinach <i>rinse & roughly shred</i>
320g	Free-range De-boned Lamb Leg
40g	Almonds <i>finely chop</i>
5g	Fresh Parsley <i>rinse, pick & finely chop</i>

From Your Kitchen

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

1. LOADED ORZO Preheat the oven to 220°C. Bring a pot of salted water to a boil for the orzo and stir in the stock and the grated garlic. Cook the orzo until al dente, 10-12 minutes. Drain and toss through a drizzle of olive oil, the chopped sun-dried tomatoes, the grated cheese, the shredded spinach, and seasoning.

2. PERFECT LAMB Place a pan over medium-high heat with a drizzle of oil. Pat the lamb dry with paper towel and season. When hot, sear the lamb until browned and cooked through, 3-5 minutes (shifting as it colours). Remove from the pan and place on a roasting tray to finish cooking in the oven, 5-8 minutes. Rest for 5 minutes.

3. SOME PREP In a bowl, combine the chopped almonds, the chopped parsley, and seasoning.

4. FEAST LIKE THE GREEKS! Plate up the loaded orzo and side with the lamb slices. Cover with a layer of the almond mixture. Enjoy, Chef!

Nutritional Information

Per 100g

Energy	1259kJ
Energy	301kcal
Protein	14.9g
Carbs	24g
of which sugars	2.9g
Fibre	2.3g
Fat	15.6g
of which saturated	5.4g
Sodium	232mg

Allergens

Egg, Gluten, Allium, Wheat, Sulphites,
Tree Nuts, Cow's Milk

Eat
Within
4 Days