



UCCOOK

Lamb & Hasselback Potato

with a green olive dressing

Hands-on Time: 40 minutes

Overall Time: 55 minutes

Adventurous Foodie: Serves 1 & 2

Chef: Megan Bure

Wine Pairing: Sophie Germanier Organic | Shiraz
Mourvedre Viognier Organic

Nutritional Info

	Per 100g	Per Portion
Energy	665kJ	3624kJ
Energy	159kcal	867kcal
Protein	8.2g	44.7g
Carbs	9g	48.8g
of which sugars	1.5g	8g
Fibre	2.1g	11.7g
Fat	10.5g	56.9g
of which saturated	4.3g	23.3g
Sodium	282mg	1534mg

Allergens: Sulphites, Tree Nuts, Cow's Milk, Allium

Spice Level: Mild

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
200g	400g	Potato <i>rinse</i>
10g	20g	Almonds <i>roughly chop</i>
30g	60g	Pitted Green Olives <i>drain & finely chop</i>
3g	5g	Fresh Parsley <i>rinse, pick & finely chop</i>
5ml	10ml	Red Wine Vinegar
75g	150g	Kale <i>rinse & roughly shred</i>
160g	320g	Free-range De-boned Lamb Leg
40g	80g	Danish-style Feta <i>drain & crumble</i>
10ml	20ml	NOMU Roast Rub
15g	30g	Piquanté Peppers <i>drain</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (Salt & Pepper)
Water
Sugar/Sweetener/Honey
Paper Towel

1. HASSLE-FREE HASSELBACK Preheat the oven to 220°C. Place the potato between the handles of two wooden spoons. Cut slices along the top of the potato, through to the spoon, a few mm apart. Repeat with the remaining potatoes. Place the hasselback potatoes, cut-side up, on a roasting tray. Coat in oil and season. Roast until cooked through and crisping up, 45-50 minutes.

2. ALMONDS & OLIVES Place the almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside. In a bowl, combine the olives with ½ the parsley, the vinegar, a sweetener (to taste), a drizzle of olive oil and seasoning. Set aside.

3. ROAST KALE Place the kale in a bowl with a drizzle of oil and seasoning. Using your hands, gently massage until softened and coated. When the potatoes have 10 minutes remaining, give the tray a shift and scatter over the dressed kale. Roast for the remaining time.

4. LIPSMACKING LAMB Return the pan to medium-high heat with a drizzle of oil. Pat the lamb dry with paper towel and season. Sear the lamb until browned, 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.

5. BETTA WITH FETA When the potatoes have 5-8 minutes remaining, stuff some of the slices with the feta. Coat the lamb in the NOMU rub and return the tray to the oven for the remaining time. Remove the lamb from the oven and rest for 5 minutes before slicing. Lightly season the slices.

6. HOW'S THAT FOR A DINNER?! Plate up the feta hasselback potatoes with the lamb alongside. Drizzle with the green olive dressing and serve the crispy kale, topped with peppers, and nuts on the side. Garnish it all with the remaining parsley.