



UCOOK

Taphuis Braised Lamb Flatbreads

with creamed spinach purée & mango atchar


This juicy, slow-cooked lamb shoulder will just melt in your mouth. Throw in a foolproof homemade flatbread, a smear of silky creamed spinach, and some zingy mango atchar, and you've got the best part of your week sorted!

Hands-On Time: 60 minutes

Overall Time: 65 minutes

Serves: 1 Person

Chef: Stephen Fraser

 Easy Peasy

 Lanzerac Estate | Syrah

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Ingredients & Prep

5ml	Beef Stock
160g	Deboned Lamb Shoulder <i>patted dry with paper towel</i>
7,5ml	Cape Herb & Spice Rogan Josh Curry Paste
15ml	Tomato Paste
125ml	Self-raising Flour
2,5ml	Coriander Seeds
85ml	Plain Greek Yoghurt
1	Onion <i>½ peeled & finely diced</i>
1	Garlic Clove <i>peeled & grated</i>
50ml	Fresh Cream
100g	Spinach <i>rinsed & shredded</i>
30ml	Mango Atchar
4g	Fresh Coriander <i>rinsed & picked</i>

From Your Kitchen

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

1. TENDER LAMB Boil the kettle. Dilute the stock with 250ml of boiling water. Place a pot over a medium-high heat with some oil. When hot, fry the lamb for 1-2 minutes until sealed but not cooked through. Add the curry paste to taste and fry for 1-2 minutes until fragrant. Mix in the tomato paste and stock, and bring to the boil. Reduce the heat and simmer for 40-50 minutes until the lamb is tender and the sauce is thick. Stir occasionally and remove from the heat on completion.

2. MIX THE DOUGH Set aside 1 tsp of flour. Place the rest in a bowl with the coriander seeds and a good pinch of salt. Using your hands, rub in 10ml of oil until it forms breadcrumbs. Mix in 35ml of yoghurt until combined in a sticky ball. If too dry, mix in water in 5ml increments until combined. Use ½ of the reserved flour to dust a flat surface. Place the dough on top and knead until smooth. Divide into 2 pieces and roll into balls. Cover with cling wrap and pop in the fridge.

3. OH-SO-CREAMY Place a pan over a medium heat with a drizzle of oil. When hot, fry the diced onion for 2-3 minutes until soft. Add the grated garlic and fry for 1 minute until fragrant, shifting constantly. Stir in a small splash of water to deglaze the pan and remove from the heat. Stir in the cream until heated through. Transfer to a bowl, cover to keep warm, and set aside.

4. GREENS Boil the kettle again. Place the shredded spinach in a bowl, submerge in boiling water, and allow to sit for 1 minute. Drain and run under cold water to stop the cooking process. Squeeze out the excess water with paper towel. Place in a blender with the cream sauce and blend until smooth. Season, cover to keep warm, and set aside for serving.

5. FLATBREADS Spread the reserved flour across a flat surface. Place the dough balls on top and use a rolling pin to shape into flat discs of 10-12cm in diameter. Return the pan to a high heat with a small drizzle of oil or knob of butter. When hot, cook the flatbreads one at a time for 2 minutes per side until heated through and lightly crisped. Remove from the pan on completion and allow to drain on paper towel.

6. ASSEMBLE Place the flatbreads on a board and smother in spinach purée. Top with the saucy lamb, mango atchar, and remaining yoghurt. Garnish with the rinsed coriander leaves. What a treat!



Chef's Tip

To knead dough is to work it with your hands by stretching, folding, and pushing. It's normal for it to be sticky when kneading, so don't be alarmed! If you don't have a rolling pin to form your flatbreads, just use a glass jar or bottle, making sure to dust it with flour.

Nutritional Information

Per 100g

Energy	702kJ
Energy	168Kcal
Protein	7.9g
Carbs	11g
of which sugars	1.7g
Fibre	1.4g
Fat	10.5g
of which saturated	4.5g
Sodium	359mg

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites

Cook
within 3
Days