



UCCOOK

Cheesy French Lamb Ciabattini

with sweet potato fries & toasted almonds

Hands-on Time: 35 minutes

Overall Time: 50 minutes

Adventurous Foodie: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Deetlefs Wine Estate | Deetlefs Stonecross Malbec

Nutritional Info	Per 100g	Per Portion
Energy	670kJ	4750kJ
Energy	160kcal	1136kcal
Protein	7.2g	50.9g
Carbs	15g	106g
of which sugars	3.7g	26.2g
Fibre	1.7g	12.1g
Fat	7.4g	52.3g
of which saturated	2.9g	20.2g
Sodium	150mg	1063mg

Allergens: Cow's Milk, Egg, Gluten, Allium, Sesame, Wheat, Sulphites, Tree Nuts, Soy

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
250g	500g	Sweet Potato <i>rinse, peel (optional) & cut into thick fries</i>
10g	20g	Almonds <i>roughly chop</i>
10ml	20ml	Beef Stock
150g	300g	Free-range Lamb Chunks
1	1	Onion <i>peel & roughly slice</i>
1	1	Garlic Clove <i>peel & grate</i>
1	2	Ciabatta Roll/s
40g	80g	Grated Cheddar Cheese
3g	5g	Fresh Parsley <i>rinse, pick & roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Paper Towel
Butter (optional)
Seasoning (salt & pepper)

1. SWEET POTS Preheat the oven to 200°C. Generously cover the base of a roasting tray in oil. Add the sweet potato, season, and toss until coated. Spread out in a single layer and roast in the hot oven until cooked through and crispy, 30-35 minutes. At the halfway mark, gently shift the chips and drain any excess oil. Return to the oven for the remaining roasting time. Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

2. TOAST Boil the kettle. 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. Dilute the stock with 200ml [400ml] of boiling water.

3. LAMB Return the pan to medium-high heat with a drizzle of oil. Pat the lamb dry with paper towel and cut into small pieces. When hot, sear the lamb until browned, 2-3 minutes (shifting occasionally). Add the onion and fry until soft and turning golden, 5-6 minutes. Add the garlic and fry until fragrant, 1-2 minutes. Pour in the diluted stock and simmer until the lamb is soft and cooked through, 20-25 minutes. Remove from the heat with all the gravy and season.

4. SAY CHEESE Halve the roll/s, and spread butter (optional) or oil over the cut-side. Place both halves, cut-side up, on a roasting tray. Over the top half of the roll, scatter the cheese. Bake until the cheese is melted and the roll is warmed through, 4-5 minutes. Remove from the oven. Over the bottom half of the roll, spread the lamb and cooked onions, leaving the thin gravy aside for serving. Close up the roll/s.

5. TIME TO INDULGE Dish up the sweet potato fries and sprinkle over the toasted almonds. Side with the loaded lamb ciabattini and the reserved gravy for dipping the ciabattini. Garnish with the parsley. Enjoy every bite of the ciabattini dipped in the gravy first, Chef!