

UCCOOK

Waterford's 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: Waterford Estate | Waterford Grenache Noir

Nutritional Info	Per 100g	Per Portion
Energy	731kj	3580kj
Energy	175kcal	856kcal
Protein	8.8g	43.1g
Carbs	10g	48g
of which sugars	1.5g	7.5g
Fibre	2.1g	10.2g
Fat	11.5g	56.5g
of which saturated	4.8g	23.4g
Sodium	307mg	1505mg

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

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
160g	320g	Free-range De-boned Lamb Leg
20g	40g	Green Leaves <i>rinse & roughly shred</i>
15g	30g	Piquanté Peppers <i>drain</i>
40g	80g	Danish-style Feta <i>drain & crumble</i>
10ml	20ml	NOMU Roast Rub

From Your Kitchen

Oil (cooking, olive or coconut)

Water

Sugar/Sweetener/Honey

Paper Towel

Seasoning (salt & pepper)

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. ALL THE ALMONDS 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.

3. I LIVE FOR OLIVES 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.

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. NUTTY SALAD To a salad bowl, add the green leaves. Toss with ½ the nuts, the piquanté peppers, a drizzle of olive oil and seasoning. Set aside.

6. 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.

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