



# UCCOOK

## Nitída's Lamb & Creamy Polenta

with mixed herbs

**Hands-on Time:** 20 minutes

**Overall Time:** 20 minutes

**Quick & Easy:** Serves 1 & 2

**Chef:** Nitída Winery

**Wine Pairing:** Nitída | Merlot

| Nutritional Info   | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 805kJ    | 2893kJ      |
| Energy             | 193kcal  | 692kcal     |
| Protein            | 10.2g    | 36.6g       |
| Carbs              | 15g      | 53g         |
| of which sugars    | 1.5g     | 5.5g        |
| Fibre              | 1.7g     | 5.9g        |
| Fat                | 9.9g     | 35.6g       |
| of which saturated | 3.9g     | 14g         |
| Sodium             | 277mg    | 994mg       |

**Allergens:** Cow's Milk, Egg, Allium, Sulphites

Eat Within 4 Days

## Ingredients & Prep Actions:

| Serves 1 | [Serves 2] |                                                                                                     |
|----------|------------|-----------------------------------------------------------------------------------------------------|
| 150g     | 300g       | Free-range Lamb Chunks                                                                              |
| 6g       | 10g        | Herb Mix<br><i>(3g [5g] Fresh Rosemary &amp; 3g [5g] Fresh Thyme)</i>                               |
| 1        | 1          | Spring Onion<br><i>rinse, trim &amp; finely slice, keeping the white &amp; green parts separate</i> |
| 10ml     | 20ml       | NOMU Italian Rub                                                                                    |
| 50ml     | 100ml      | Tomato Passata                                                                                      |
| 50g      | 100g       | Spinach<br><i>rinse &amp; roughly shred</i>                                                         |
| 75ml     | 150ml      | Polenta                                                                                             |
| 20ml     | 40ml       | Grated Italian-style Hard Cheese                                                                    |
| 15ml     | 30ml       | Lemon Juice                                                                                         |

## From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Sugar/Sweetener/Honey

Paper Towel

Butter

**1. BUTTERY LAMB** Boil the kettle. Place a pot over medium-high heat with a drizzle of oil and a knob of butter. Pat the lamb dry with paper towel and cut into small chunks. When hot, sear the lamb until browned, 1-2 minutes (shifting occasionally).

**2. AMAZING AROMAS** Rinse and roughly chop the mixed herbs. Add the spring onion whites, and the NOMU rub to the pot. Fry until fragrant, 1-2 minutes. Mix in the tomato passata, and 100ml [200ml] of boiling water. Simmer until the sauce is thickening, 12-15 minutes. In the final 2-3 minutes, mix in the spinach, the mixed herbs, and a sweetener (to taste). Remove from the heat and season.

**3. CHEESY POLENTA** While the lamb is on the go, to a clean pot add 350ml [700ml] of boiling water. Slowly whisk in the polenta until there are no lumps. Reduce the heat and cook until the polenta is soft and creamy, 5-8 minutes (whisking often). Remove the pot from the heat and stir through a knob of butter, the cheese, and seasoning. Loosen with a splash of warm water if necessary.

**4. A PERFECT PLATE** Bowl up the creamy polenta, and top with the saucy lamb. Garnish with the spring onion greens, and drizzle over the lemon juice (to taste).