



UCCOOK

Tomato Lamb Bredie

with butternut mash

Hands-on Time: 20 minutes

Overall Time: 45 minutes

Carb Conscious: Serves 1 & 2

Chef: Kate Gomba

Nutritional Info	Per 100g	Per Portion
Energy	419kJ	3026kJ
Energy	100kcal	724kcal
Protein	5.2g	37.5g
Carbs	8g	58g
of which sugars	2.9g	20.6g
Fibre	1.7g	12.6g
Fat	4.9g	35.5g
of which saturated	2.1g	15.3g
Sodium	44mg	319mg

Allergens: Gluten, Wheat, Cow's Milk, Allium

Spice Level: Hot

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
160g	320g	Free-range De-boned Lamb Leg Chunks
1	1	Onion <i>peel & finely dice ½ [1]</i>
1	1	Garlic Clove <i>peel & grate</i>
20ml	40ml	Tomato Paste
15ml	30ml	Medium Curry Powder
1	1	Fresh Chilli <i>rinse, trim, deseed & finely slice</i>
100g	200g	Cooked Chopped Tomato
50g	100g	Peas
250g	500g	Butternut <i>rinse, deseed, peel & cut into bite-sized pieces</i>
3g	5g	Fresh Coriander <i>rinse & pick</i>

From Your Kitchen

Oil (cooking, olive OR coconut)
Seasoning (Salt & Pepper)
Water
Sugar/Sweetener/Honey
Paper Towel
Butter
Milk (optional)

1. BREDIE Place a pan over medium-high heat with a drizzle of oil. Pat the lamb dry with paper towel. When hot, sear the lamb until browned, 4-5 minutes (shifting occasionally). Add the onion and fry until soft, 5-6 minutes. Add the garlic, the tomato paste, the curry powder, and chilli (to taste). Fry until fragrant, 2-3 minutes. Mix in the cooked chopped tomato and 200ml [400ml] of water. Gently simmer until the lamb is tender and the sauce is thickened, 15-20 minutes. In the final 3-5 minutes, mix in the peas, a sweetener (to taste), and seasoning. Remove from the heat.

2. MASH While the lamb is on the go, place the butternut in a pot of salted water over medium-high heat. Bring to the boil and cook until soft, 15-20 minutes. Drain and return to the pot. Add a knob of butter (optional) and a splash of water or milk. Mash with a fork, season, and cover.

3. TIME TO EAT Dish up mash, side with the lamb bredie, and garnish with the coriander. Well done, Chef!