



UCOOK

Cheesy Lamb & Pumpkin Bake

with peas & a creamy bechamel

Hands-on Time: 30 minutes

Overall Time: 40 minutes

Carb Conscious: Serves 1 & 2

Chef: Jade Summers

Wine Pairing: Groote Post Winery | Groote Post Old Man's Blend Red Blend

Nutritional Info	Per 100g	Per Portion
Energy	467kJ	4198kJ
Energy	112kcal	1004kcal
Protein	7.2g	64.4g
Carbs	9g	84g
of which sugars	3.5g	31.7g
Fibre	1.8g	16.6g
Fat	5.2g	47.1g
of which saturated	2.4g	21.2g
Sodium	144mg	1293mg

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

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1 [Serves 2]

20ml	40ml	Spiced Stock (1 [1] Bay Leaf, 10ml [20ml] NOMU One For All Rub, 5ml [10ml] Smoked Paprika & 5ml [10ml] Chicken Stock)
150g	300g	Free-Range Lamb Mince
50g	100g	Peas
5g	10g	Pumpkin Seeds
40g	80g	Grated Mozzarella & Cheddar Cheese
125ml	250ml	Low Fat Fresh Milk
100g	200g	Cooked Chopped Tomato
1	1	Garlic Clove <i>peel & grate</i>
40ml	80ml	Cake Flour
1	1	Onion <i>peel & roughly dice ½ [1]</i>
250g	500g	Pumpkin Chunks <i>cut into bite-sized pieces</i>

From Your Kitchen

Oil (cooking, olive or coconut)

Water

Sugar/Sweetener/Honey

Butter

Seasoning (salt & pepper)

1. PRETTY PUMPKIN Preheat the oven to 200°C. Spread the pumpkin on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 30-35 minutes (shifting halfway).

2. SEEDS Place the seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

3. LAYERS OF FLAVOUR Return the pan to medium heat with a drizzle of oil. When hot, fry the onion until golden and charred, 4-5 minutes (shifting occasionally). Add the mince and work quickly to break it up as it starts to cook. Fry until browned, 3-4 minutes (shifting occasionally). Add the garlic and the spiced stock. Fry until fragrant, 1-2 minutes. Add the cooked chopped tomatoes and 100ml [200ml] of water. Simmer until slightly reduced, 10-12 [12-15] minutes. At the halfway mark, add a sweetener (to taste) and season. Remove the bay leaf and mix through the peas.

4. BEGIN THE BECHAMEL Place a clean pan over medium heat with 40g [80g] of butter. Once melted, vigorously whisk in the flour to form the roux. Cook out for 1-2 minutes, stirring constantly. Slowly whisk in the milk until the sauce thickens slightly. If the béchamel is too thick for your liking, add an extra splash of water. Remove from the heat and season.

5. MMMMELTED CHEESE When the pumpkin is done, top with the saucy lamb and a layer of the bechamel. Cover with cheese and return to the oven to bake until the cheese has melted, 10-12 minutes.

6. GREAT BAKE! Dish up a heaping helping of the cheesy lamb bake, and scatter over the toasted seeds. Enjoy!