



UCOOK

Tahini Lamb & Burnt Honey Sauce

with sweet potato mash, za'atar spice & toasted pine nuts

Succulent lamb shoulder coated in tahini, and rolled in Za'atar and parsley. Served alongside smooth sweet potato mash and perfectly roasted carrots. A restaurant-style dinner in your own home!

Hands-On Time: 30 minutes

Overall Time: 55 minutes

Serves: 3 People

Chef: Ella Nasser

♥ Health Nut

🍷 Niel Joubert | Grüner Veltliner

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

360g	Carrot <i>rinsed, trimmed & cut into thick wedges</i>
750g	Sweet Potato <i>peeled & cut into small chunks</i>
30g	Pine Nuts
45ml	Honey
480g	Free-range Lamb Shoulder
45ml	Za'atar
30g	Fresh Parsley <i>rinsed, picked & roughly chopped</i>
125ml	Tahini

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel
Butter (optional)
Milk (optional)

1. ROASTY CARROTS Preheat the oven to 200°C. Spread out the carrot wedges on a roasting tray, coat in oil, and season. Roast in the hot oven for 30-35 minutes until cooked through and crisping up.

2. SWEET MASH Boil the kettle. Place a pot over a medium-high heat with 2cm of boiling water covering the base. Once steaming, place the sweet potato chunks in a colander over the pot. Allow to steam covered for 25-30 minutes until cooked through and soft. Alternatively, you can use a steamer if you have one. On completion, discard the water and place the cooked sweet potato in the pot. Add a knob of butter or coconut oil (optional) and a splash of water or milk. Mash with a fork or potato masher until the desired consistency.

3. NUTS & BURNT HONEY Place the pine nuts in a nonstick pan over a medium heat. Toast for 3-5 minutes until golden brown, shifting occasionally. Remove from the pan on completion. Return the pan to a medium-high heat with the honey. Cook for 2-3 minutes until slightly darkened and caramelised. Remove from heat and slowly whisk in water in 5ml increments until a drizzling consistency. Season to taste and set aside to cool.

4. LUSH LAMB Return the pan, wiped down if necessary, to a medium-high heat with a drizzle of oil. Pat the lamb dry, and season. When the pan is hot, brown the lamb for 4-5 minutes, shifting as it colours. Once browned, add to the roasting tray with the carrots to finish cooking for about 5-6 minutes in the hot oven, until cooked to your liking.

5. HERBY CRUST Combine the za'atar with the chopped parsley in a shallow bowl or on a plate. When the lamb is done, remove from the oven and smear with ½ the tahini using a spoon or knife. Roll the tahini coated lamb through the za'atar mixture until well coated. Gently slice the lamb and season. Loosen the remaining tahini with water in 5ml increments until a drizzling consistency.

6. SUCCULENT FEAST Plate up the za'atar coated lamb slices. Side with the sweet potato mash and the carrot wedges. Drizzle over the burnt honey sauce (to taste) and the loosened tahini. Scatter over the toasted pine nuts. Simply stunning, Chef!



Chef's Tip

If the honey is too hard to pour into the pan, pop it in the microwave for 5-10 seconds.

Nutritional Information

Per 100g

Energy	703kj
Energy	168Kcal
Protein	6.8g
Carbs	14g
of which sugars	5.9g
Fibre	2.5g
Fat	9.7g
of which saturated	2.7g
Sodium	50mg

Allergens

Sesame, Tree Nuts

Cook
within
4 Days