

UCOOK

Pea Purée & Lamb

with roasted sweet potato

Hands-on Time: 20 minutes

Overall Time: 20 minutes

Quick & Easy: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Delheim Wines | Delheim Merlot

| Nutritional Info | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy | 577.3kJ | 2894.6kJ |
| Energy | 138kcal | 691.7kcal |
| Protein | 7.3g | 36.4g |
| Carbs | 9.2g | 46.2g |
| of which sugars | 3.4g | 17.3g |
| Fibre | 1.6g | 8.1g |
| Fat | 7.6g | 38.1g |
| of which saturated | 3.3g | 16.5g |
| Sodium | 452.5mg | 2268.6mg |

Allergens: Cow's Milk, Allium

Spice Level: None

Eat Within 3 Days



Ingredients & Prep Actions:

Serves 1 [Serves 2]

| | | |
|------|------|--|
| 200g | 400g | Sweet Potato Chunks |
| 150g | 300g | Free-range Lamb Chunks |
| 5ml | 10ml | Greek Seasoning |
| 50g | 100g | Peas |
| 1 | 1 | Garlic Clove <i>peel & roughly chop</i> |
| 40ml | 80ml | Full Cream UHT Milk |
| 20g | 40g | Salad Leaves <i>rinse & roughly shred</i> |
| 20g | 40g | Danish-style Feta <i>drain</i> |
| 10ml | 20ml | Lemon Juice |

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (Salt & Pepper)

Water

Paper Towel

Butter

Blender

1. ROAST Coat the sweet potato in oil and season. Air fry at 200°C until crispy, 15-20 minutes (shifting halfway). Alternatively, preheat the oven to 200°C. Spread the sweet potato on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway).

2. LAMB Place a pan over high heat with a drizzle of oil. Pat the lamb dry with paper towel. When hot, sear the lamb until browned and cooked through, 2-3 minutes per side. In the final 30-60 seconds, baste with a knob of butter and the Greek seasoning. Remove from the pan and rest for 5 minutes.

3. PEA PURÉE Place a small pot over medium heat with a knob of butter and a drizzle of oil. When hot, fry the garlic until fragrant, 30-60 seconds. Add the peas and the milk and simmer until the peas are warmed through, 1-2 minutes. Remove from the heat and place the pea mixture in a blender and season. Pulse until a smooth purée. (Alternatively, If you don't own a blender, make a rustic pea purée. After frying the garlic and adding the peas and the milk, simply mash the peas with a potato masher or a fork and mix until combined.) Add water in 10ml increments if it's too thick for your liking.

4. DINNER IS READY Smear the purée on one side of the plate, top with the lamb, serve the sweet potato on the side, and make a fresh side of salad leaves, feta, and drizzle the lemon juice (to taste). Dig in, Chef!

Chef's Tip Don't crowd the pan, fry the lamb in batches so it browns nicely.