



# UCOOK

## Paserene's Lamb & Patatas Bravas

with charred green beans

The smoky & spicy aromas of Spain will fill your kitchen today, Chef, as you cook a beautiful plate of food - crispy oven roasted baby potatoes covered in NOMU Spanish Rub rest on a generous serving of a rich tomato sauce. This accompanies butter-basted brown lamb and charred green beans. Buen Provecho!

---

**Hands-on Time:** 25 minutes

**Overall Time:** 40 minutes


---

**Serves:** 1 Person


---

**Chef:** Paserene

---

 Adventurous Foodie

---

 Paserene | Dark Shiraz

---

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

## Ingredients & Prep

250g	Baby Potatoes <i>rinsed &amp; halved</i>
15ml	NOMU Spanish Rub
1	Onion <i>½ peeled &amp; finely diced</i>
100g	Cooked Chopped Tomato
160g	Free-range De-boned Lamb Leg
100g	Green Beans <i>rinsed &amp; trimmed</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Sugar/Sweetener/Honey  
Paper Towel  
Butter

**1. CRISPY POTATOES** Preheat the oven to 200°C. Spread the halved potatoes on a roasting tray. Coat in oil, ½ the NOMU rub, and season. Roast in the oven until golden, 25-30 minutes (shifting halfway).

**2. COOK THE SAUCE** Place a pan over a medium heat with a drizzle of oil. When hot, fry the diced onion until soft, 4-5 minutes (shifting occasionally). Add the remaining rub and fry until fragrant, 1-2 minutes. Add the cooked chopped tomato and 150ml of water. Simmer until thickened and reduced, 12-15 minutes. Add a sweetener and seasoning. Remove from the heat.

**3. SIZZLING LAMB** When the sauce has 8-10 minutes remaining, place a pan over medium-high heat with a drizzle of oil. Pat the lamb dry with paper towel and season. When hot, sear the lamb until browned, 3-5 minutes (shifting as it colours). In the final 1-2 minutes, baste with a knob of butter. Remove from the pan and place on a roasting tray to finish cooking in the oven, 5-8 minutes. Rest for 5 minutes before slicing and seasoning.

**4. CHARRED GREEN BEANS** Return the pan to medium-high heat with a knob of butter. When hot, fry the trimmed green beans until lightly charred but still crunchy, 6-8 minutes. Remove from the heat and season.

**5. IT'S THAT TIME** Make a bed of the sauce, top with the crispy potatoes, and serve alongside the lamb and the charred green beans on the side. Well, done Chef!



## Chef's Tip

Air fryer method: Coat the potato pieces in oil, the NOMU rub, and season. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

## Nutritional Information

Per 100g

Energy	447kJ
Energy	107kcal
Protein	5.3g
Carbs	10g
of which sugars	2.8g
Fibre	1.7g
Fat	5g
of which saturated	2.1g
Sodium	158mg

## Allergens

Dairy, Allium

Cook  
within  
4 Days