



# UCCOOK

## Cheesy Lamb & Pumpkin Bake

with peas & a creamy bechamel

**Hands-on Time:** 45 minutes

**Overall Time:** 55 minutes

**Carb Conscious:** Serves 3 & 4

**Chef:** Jade Summers

**Wine Pairing:** Zevenwacht | Estate Merlot

### 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 3	[Serves 4]	
750g	1kg	Pumpkin Chunks <i>cut into bite-sized pieces</i>
15g	20g	Pumpkin Seeds
2	2	Onions <i>peel &amp; roughly dice 1½ [2]</i>
450g	600g	Free-Range Lamb Mince
2	2	Garlic Cloves <i>peel &amp; grate</i>
60ml	80ml	Spiced Stock <i>(2 Bay Leaves, 30ml [40ml] NOMU One For All Rub, 15ml [20ml] Smoked Paprika &amp; 15ml [20ml] Chicken Stock)</i>
300g	400g	Cooked Chopped Tomato
150g	200g	Peas
125ml	160ml	Cake Flour
375ml	500ml	Milk
120g	160g	Grated Mozzarella & Cheddar Cheese

## From Your Kitchen

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

- 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, 35-40 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, 6-7 minutes (shifting occasionally). Add the mince and work quickly to break it up as it starts to cook. Fry until browned, 5-6 minutes (shifting occasionally). Add the garlic and the spiced stock. Fry until fragrant, 1-2 minutes. Add the cooked chopped tomatoes and 300ml [400ml] of water. Simmer until slightly reduced, 14-16 minutes. At the halfway mark, add a sweetener (to taste) and season. Remove the bay leaves and mix through the peas.
- 4. BEGIN THE BECHAMEL** Place a pan over medium heat with 120g [160g] of butter. Once melted, vigorously whisk in the flour to form the roux. Cook out for 2-3 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. MMMELTED 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!