



UCOOK

Lamb & Feta Hasselback Potatoes

with green olive dressing

Officially called Potato à la Hasselbacken, these fan-like cuts of baked potato filled with crumbly feta will easily impress any guest, but is surprisingly hassle-free to make. Plated with tender lamb slices drizzled with a homemade green olive dressing and an almond & pickled pepper salad.

Hands-on Time: 35 minutes

Overall Time: 50 minutes

Serves: 1 Person

Chef: Megan Bure

Adventurous Foodie

Muratie Wine Estate | Muratie Martin Melck
Cabernet Sauvignon 2019

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Ingredients & Prep

200g	Potato <i>rinse</i>
10g	Almonds <i>roughly chop</i>
30g	Pitted Green Olives <i>drain & finely chop</i>
3g	Fresh Parsley <i>rinse, pick & finely chop</i>
5ml	Red Wine Vinegar
160g	Free-range De-boned Lamb Leg
20g	Green Leaves <i>rinse & roughly shred</i>
20g	Pickled Bell Peppers <i>drain & roughly chop</i>
40g	Danish-style Feta <i>drain & crumble</i>
10ml	NOMU Lamb Rub

From Your Kitchen

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

1. HASSLE-FREE HASSELBACK Preheat the oven to 220°C. Place the rinsed potato between the handles of two wooden spoons. Cut slices, through to the spoon, a few mm apart. Place the hasselback potato, cut-side up, on a roasting tray. Coat in oil and season. Roast until cooked through and crisping up, 45-50 minutes.

2. ALL THE ALMONDS Place the chopped almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. I LIVE FOR OLIVES In a bowl, combine the chopped olives with ½ the chopped parsley, the vinegar, a sweetener (to taste), a drizzle of olive oil and seasoning. Set aside.

4. LIPSMACKING LAMB Return the pan to 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). Remove from the pan and place on a roasting tray to finish cooking in the oven, 5-8 minutes.

5. NUTTY SALAD To a salad bowl, add the shredded leaves. Toss with ½ the toasted nuts, the chopped peppers, a drizzle of olive oil and seasoning. Set aside.

6. BETTA WITH FETA When the potatoes have 5-8 minutes remaining, stuff some of the slices with the crumbled feta. Coat the lamb in the NOMU rub and return the tray to the oven for the remaining time. Remove the lamb from the oven and rest for 5 minutes before slicing. Lightly season the slices.

7. HOW'S THAT FOR A DINNER?! Plate up the feta hasselback potatoes with the sliced lamb alongside. Drizzle with the green olive dressing and serve with the green salad on the side. Garnish it all with the remaining parsley and nuts.

Nutritional Information

Per 100g

Energy	729kJ
Energy	175kcal
Protein	8.7g
Carbs	10g
of which sugars	1.9g
Fibre	2g
Fat	11.4g
of which saturated	4.7g
Sodium	298mg

Allergens

Allium, Sulphites, Tree Nuts, Cow's Milk

Eat
Within
4 Days