



UCCOOK

Mixed Veg Rosti & Sticky Lamb Mince

with lemon-laced crème fraîche & peanuts

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Fan Faves: Serves 1 & 2

Chef: Megan Bure

Wine Pairing: Stettyn Wines | Stettyn Family Range Merlot

Nutritional Info	Per 100g	Per Portion
Energy	589kj	4505kj
Energy	141kcal	1078kcal
Protein	7.2g	54.8g
Carbs	11g	85g
of which sugars	2.9g	22g
Fibre	1.8g	13.6g
Fat	7.6g	57.9g
of which saturated	3g	22.8g
Sodium	86mg	660mg

Allergens: Cow's Milk, Egg, Gluten, Allium, Peanuts, Wheat

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
1	1	Spring Onion
3g	5g	Fresh Chives
200g	400g	Potato <i>rinse & peel (optional)</i>
120g	120g	Carrot <i>rinse & peel (optional)</i>
30ml	60ml	Self-raising Flour
20g	40g	Peanuts
40ml	80ml	Crème Fraîche
10ml	20ml	Lemon Juice
1	1	Onion <i>peel & finely dice ½ [1]</i>
150g	300g	Free-range Lamb Mince
20ml	40ml	Sweet Soy Sauce <i>(10ml [20ml] Low Sodium Soy Sauce, 5ml [10ml] Sweet Indo Soy Sauce & 5ml [10ml] Sesame Oil)</i>
20g	40g	Salad Leaves <i>rinse</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Paper Towel
Egg/s
Seasoning (Salt & Pepper)
Tea Towel

1. PREP STEP Rinse, trim and finely slice the spring onions, keeping the white and green parts separate. Rinse and finely chop the chives.

2. GRATE AWAY! Grate the potato and carrot and place in a clean tea towel. Close up tightly and squeeze out as much liquid from the grated veg as possible. Discard the liquid. Place the potato and carrot in a bowl. Add the spring onion whites, flour, ½ the chives, 1 [2] egg/s, 1 [2] tbsp of oil, and seasoning. Mix until combined. Form into 2 [4] round veggie rostis, about 1cm thick.

3. ABSOLUTELY NUTTY Roughly chop the peanuts. Place in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

4. ZINGY & CREAMY In a small bowl, combine the crème fraîche and lemon juice (to taste). Season and set aside.

5. RADICAL ROSTI Return the pan to a medium-high heat with a drizzle of oil. Once hot, add the rostis and fry until golden brown, 3-5 minutes per side. You may need to do this step in batches. Remove from the heat and drain on paper towel.

6. SOY STICKY Place a pan over high heat with a drizzle of oil. When hot, fry the onion until softened, 4-5 minutes (shifting occasionally). Add the mince and work quickly to break it up as it starts to cook. Caramelize until browned, 3-4 minutes (shifting occasionally). In the final 1-2 minutes, drizzle in the sweet soy sauce. Season.

7. DIVINE! Plate up the crispy rosti and top with the salad leaves. Pile up the sticky mince and dollop over the lemony crème fraîche. Scatter over the peanuts, spring onions greens, and the remaining chives. Dig in, Chef!