



UCOOK

Lamb Kleftiko & Persian-style Tahdig

with dried cranberries, oregano & yoghurt

Tahdig (pronounced tah-deeg) literally means "bottom of the pot" in Persian. It refers to a beautiful pan-fried Persian rice dish that is fluffy and buttery on the inside, with a perfect golden crust on the outside ie. the layer at the bottom of the pot! This dinner delight is served with tender lamb kleftiko, which is roasted in the oven with onion, tomato and peppers.

Hands-On Time: 40 minutes

Overall Time: 55 minutes

Serves: 3 People

Chef: Ella Nasser

 Adventurous Foodie

 Boschendal | Nicolas

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Ingredients & Prep

300ml	Jasmine Rice <i>rinsed</i>
30ml	Vegetable Stock
480g	Free-range Deboned Lamb Leg
2	Tomatoes <i>1½ cut into quarters</i>
2	Red Onions <i>1½ peeled & cut into quarters</i>
2	Red Bell Peppers <i>1½ rinsed, deseeded & cut into thick strips</i>
2	Lemons <i>1½ zested & cut into wedges</i>
3	Garlic Cloves <i>peeled & grated</i>
8g	Fresh Oregano <i>rinsed, picked & roughly chopped</i>
150ml	Low Fat Plain Yoghurt
60g	Dried Cranberries

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel
Butter

1. HAVE A RICE DAY! Preheat the oven to 220°C. Place the rinsed rice in a pot. Submerge in 450ml of salted water and the stock. Pop on a lid, and place over a medium-high heat. Once boiling, reduce the heat and simmer for 10 minutes until most of the water has been absorbed. On completion drain if necessary, fluff up with a fork, and place in a bowl.

2. KLEFTIKO TIME Pat the lamb dry with paper towel and coat in oil and seasoning. Place the tomato and onion quarters on a roasting tray along with the pepper strips and 6 lemon wedges. Coat in oil, the grated garlic, ½ the chopped oregano, and seasoning. Top with the dressed lamb. Pop in the hot oven and roast for 12-15 minutes until the veg and cooked through and the lamb is cooked to preference.

3. GOLDEN BOTTOM RICE When the rice is done, add the yoghurt, seasoning, and the lemon zest to the bowl. Mix until the rice is fully coated in the yoghurt. Place a pan, with a lid, over a medium heat with a knob of butter and a drizzle of oil. When melted, swirl the pan until the melted butter fully coats the bottom of the pan. Add a ladle full of the rice mixture, lightly packing it down. Cook the rice for 4-6 minutes, without shifting, until a golden crust forms on the bottom. Gently shake the pan to loosen the rice or use a knife to loosen the edges, and cover the pan with a plate or chopping board. Flip the pan quickly, so the rice flips onto the board or plate, browned side up. Repeat with the remaining rice.

4. PERSIAN-GREEK FEAST! Plate up the crisp Persian-style rice and side with the succulent lamb kleftiko. Sprinkle over the dried cranberries. Nooshe jân!

Nutritional Information

Per 100g

Energy	528kj
Energy	126Kcal
Protein	5.2g
Carbs	15g
of which sugars	2.5g
Fibre	1.7g
Fat	5.1g
of which saturated	2.1g
Sodium	189mg

Allergens

Dairy, Allium, Sulphites

Cook
within
4 Days