



UCCOOK

Creamy Cumin Lamb Stew

with baby marrow

Hands-on Time: 45 minutes

Overall Time: 55 minutes

Carb Conscious: Serves 3 & 4

Chef: Ethan Shahim

Wine Pairing: Bertha Wines | Bertha Shiraz

Nutritional Info

	Per 100g	Per Portion
Energy	439kJ	2284kJ
Energy	105kcal	546kcal
Protein	6.8g	35.4g
Carbs	4g	22g
of which sugars	1.8g	9.4g
Fibre	1.2g	6.3g
Fat	6.4g	33.5g
of which saturated	2.7g	13.9g
Sodium	77mg	403mg

Allergens: Sulphites, Cow's Milk, Alcohol

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3 [Serves 4]

300g	400g	Baby Marrow <i>rinse, trim & cut into bite-sized pieces</i>
450g	600g	Free-range Lamb Chunks
22.5ml	30ml	Cumin Mix <i>7.5ml [10ml] Cumin Seeds, 15ml [20ml] NOMU Moroccan Rub</i>
360g	480g	Carrot <i>rinse, trim, peel & cut into bite-sized pieces</i>
120g	160g	Green Leaves <i>rinse</i>
125ml	160ml	White Wine
150ml	200ml	Greek Yoghurt

From Your Kitchen

Water

Seasoning (salt & pepper)

Oil (cooking, olive or coconut)

Paper Towel

1. **GOLDEN BABY MARROW** Place a pot over medium heat with a drizzle of oil. When hot, fry the baby marrow until charred, 4-5 minutes. Remove from the pot and season.

2. **CUMIN-SPICED LAMB** Return the pot to medium-high heat with a drizzle of oil. Pat the lamb dry with paper towel, coat in the cumin mix, and season. When hot, sear the lamb until browned, 8-10 minutes (shifting occasionally). Reduce the heat and add the carrot to the pot; allow to brown slightly, 6-8 minutes (shifting occasionally).

3. **SENSATIONAL STEW** Deglaze with white wine, ensuring you scrape the bottom of the pot. Add in 150ml [200ml] of water, add in the spinach, reduce the heat, and allow to simmer until slightly reduced, 5-6 minutes. Remove from the heat and stir through the yoghurt. Bowl up the stew, top with baby marrow, and enjoy, Chef.