

Eat Within 4 Days

UCOOK

Rustic Tomato, Lamb & Aubergine

with butter bean mash

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Carb Conscious: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Muratie Wine Estate | Muratie Melck's-Blended Red

Nutritional Info	Per 100g	Per Portion
Energy	361kJ	2853kJ
Energy	86kcal	682kcal
Protein	4.8g	38.2g
Carbs	8g	60g
of which sugars	2.6g	20.5g
Fibre	2.4g	19.3g
Fat	4g	31.9g
of which saturated	1.6g	12.5g
Sodium	123mg	974mg

Allergens: Cow's Milk, Allium

Spice Level: None

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
250g	500g	Aubergine *rinse, trim & cut into bite-sized pieces*
150g	300g	Free-range Lamb Chunks
1	1	Onion *peel & finely slice ½ [1]*
1	1	Garlic Clove *peel & grate*
10ml	20ml	Paprika Mix *(5ml [10ml] NOMU Rub & 5ml [10ml] Paprika)*
100g	200g	Cooked Chopped Tomato
120g	240g	Butter Beans *drain & rinse*
3g	5g	Fresh Mint *rinse, pick & roughly chop*

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Paper Towel
Butter
Milk (optional)
Blender (optional)
Sugar/Sweetener/Honey

1. SOME PREP Preheat the oven to 200°C. In a bowl, degorge the aubergine with salt and leave to stand for 7-10 minutes.

2. ROAST Spread the aubergine on a roasting tray, coat in oil and season. Roast in the hot oven until softened, 20-25 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 15-20 minutes (shifting halfway).

3. BROWN LAMB Place a pot over high heat with a drizzle of oil. Pat the lamb dry with paper towel and season. When hot, sear the lamb until browned, 4-5 minutes (shifting occasionally).

4. RUSTIC TOMATO LAMB Add the onion to the pot with the lamb and fry until soft, 4-5 minutes (shifting occasionally). Add the garlic, paprika mix and fry until fragrant, 30-60 seconds. Mix in the cooked chopped tomato and 150ml [300ml] of water. Bring to a boil, reduce the heat and simmer until the lamb is tender and the sauce thickens, 12-15 minutes. In the final 2-3 minutes, add the roasted aubergine, seasoning and a sweetener (to taste). Remove from the heat.

5. BUTTER BEAN MASH Place a pot over medium-high heat with the beans and 30ml [60ml] of milk (optional) or water. Once boiling, remove from the heat and stir in a knob of butter. Place in a blender or mash with a fork until the desired consistency. If it's too thick, add a splash of milk (optional) or water.

6. DINNER IS READY Bowl up the butter bean mash, top with the rustic tomato lamb and garnish with the mint. Enjoy, Chef!

Chef's Tip Degorge the aubergine to remove excess moisture and bitterness, helping it cook beautifully without becoming soggy.