



# UCCOOK

## Luscious Lamb & Fondant Potatoes

with a curry leaf burnt butter

**Hands-on Time:** 30 minutes

**Overall Time:** 45 minutes

**Adventurous Foodie:** Serves 3 & 4

**Chef:** Jenna Peoples

**Wine Pairing:** Bertha Wines | Bertha Shiraz

Nutritional Info	Per 100g	Per Portion
Energy	726kJ	3383.4kJ
Energy	173.7kcal	809.4kcal
Protein	8.5g	39.8g
Carbs	12.6g	58.8g
of which sugars	4g	18.7g
Fibre	2.1g	9.6g
Fat	11.4g	53g
of which saturated	4.3g	19.9g
Sodium	355.8mg	1658mg

**Allergens:** Sulphites, Tree Nuts, Cow's Milk, Allium

**Spice Level:** None

Eat Within 3 Days

## Ingredients & Prep Actions:

Serves 3	[Serves 4]	
60g	80g	Salad Leaves <i>rinse</i>
60g	80g	Danish-style Feta <i>drain</i>
30ml	40ml	Chicken Stock
30g	40g	Pecan Nuts <i>roughly chop</i>
8g	10g	Curry Leaves <i>rinse &amp; dry</i>
30g	40g	Golden Sultanas
480g	640g	Free-range De-boned Lamb Leg
600g	800g	Potato <i>rinse</i>
90g	120g	Sun-dried Tomatoes <i>drain &amp; roughly chop</i>
30ml	40ml	NOMU Indian Rub

## From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (Salt & Pepper)

Water

Paper Towel

Butter

**1. FANCY FONDANT POTATOES** Preheat the oven to 220°C. Boil the kettle. Cut the potato in half lengthways and cut each half into three. Dilute the stock with 300ml [400ml] of boiling water. Place an ovenproof pan over medium-high heat with a drizzle of oil and a knob of butter. When hot, add the potatoes (shortest side down) and fry until the base is golden, 5 minutes. Flip, and pour in the diluted stock. Pop in the hot oven and bake until the potatoes are tender, 25-30 minutes (adding more water if necessary).

**2. SIZZLING LAMB** When the potatoes have 5-10 minutes remaining, place a nonstick, oven-proof pan over 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). In the final minute, baste the lamb with a knob of butter and the NOMU rub. Once browned, pop the pan into the hot oven, 5-8 minutes. Rest for 5 minutes before slicing and seasoning.

**3. CURRY LEAF BURNT BUTTER** Return the pan, wiped down if necessary, to medium-high heat with 60g [80g] of butter. Once foaming, add the curry leaves and spread out in a single layer. Fry 1-2 minutes, watching closely to make sure they don't burn! Remove the pan from the heat and add the saltanas and the nuts.

**4. PLATE IT UP!** Plate up the tender lamb slices alongside the fondant potatoes. Drizzle over the curry leaf burnt butter. Side with the salad leaves, topped with the sun-dried tomatoes, feta and a drizzle of olive oil. Beautiful, Chef!