



UCOOK

BBQ Lamb Potato Bites

with spicy black beans, spinach salad & tomato ragù

The perfect partner for rich lamb goulash! Spiced with fresh chilli, coated in a sticky BBQ sauce, and sided by a mound of yummy black beans. As if this dish couldn't get any better, nuggets of crispy roast potatoes covered in gooey cheese. Need we say more?

Hands-on Time: 25 minutes

Overall Time: 45 minutes

Serves: 2 People

Chef: Kate Gomba

 Fan Faves

 Leopard's Leap | Cabernet Sauvignon Merlot

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Ingredients & Prep

400g	Potato <i>rinsed & cut into bite-sized chunks</i>
10ml	NOMU Italian Rub
300g	Free-range Lamb Goulash
1	Onion <i>peeled & finely diced</i>
1	Fresh Chilli <i>roughly chopped</i>
200ml	Tomato Passata
40g	Spinach <i>rinsed</i>
60g	Grated Mozzarella & Cheddar Cheese
120g	Black Beans <i>drained & rinsed</i>
60ml	BBQ Sauce

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey
Paper Towel

1. GOLDEN POTATO NUGGETS Preheat the oven to 200°C. Boil the kettle for step 2. Spread out the potato chunks on a roasting tray. Coat in oil, the Italian Rub, and a little seasoning. Roast in the hot oven for 30-35 minutes until cooked through and crisping up, shifting halfway.

2. GORGEOUS GOULASH Pat the lamb dry with paper towel. Place a pan over medium heat with a drizzle of oil. When hot, sauté the diced onion for 3-4 minutes until soft and translucent. Add the lamb and fry for 4-5 minutes until browned but not cooked through, shifting as it colours. Stir in the chopped chillies to taste (be careful, they're hot!) and fry for 30-60 seconds. Mix in 120ml of boiling water and the passata, and bring up to a simmer. Lower the heat and cook for 10-12 minutes until reduced and thickened, stirring occasionally.

3. DO A SPIN! Place ½ the rinsed spinach in a bowl with a drizzle of oil and some seasoning. Toss to coat and set aside for serving.

4. SO CHEESY... When the potatoes have 5 minutes remaining, scatter over the grated cheese and turn the oven onto the grill setting. Cook for the remaining time until the cheese is melted and golden.

5. FINAL TOUCHES When the goulash is nearing completion, mix in the drained black beans, the remaining spinach, and the BBQ sauce. Stir for 2-3 minutes until the beans are heated through. Season to taste with salt, pepper, and a sweetener of choice.

6. RELISH YOUR FABULOUS WORK Make a bed of spinach, smother with the spicy goulash, and plate up the cheesy potato bites alongside it. Sprinkle over any remaining chilli in case you'd like some extra heat! Get ready for one of the tastiest dinners yet!



Chef's Tip

Due to the amount of starch in potatoes, they brown quickly when exposed to fresh air. When preparing your potatoes, place them in a bowl of water to prevent this from happening.

Nutritional Information

Per 100g

Energy	520kJ
Energy	124kcal
Protein	6.5g
Carbs	10g
of which sugars	2.5g
Fibre	1.9g
Fat	6.6g
of which saturated	2.6g
Sodium	169mg

Allergens

Dairy, Allium, Sulphites

Cook
within
4 Days