



UCCOOK

Tasty Lamb Stew

with buttery toast

Hands-on Time: 40 minutes

Overall Time: 55 minutes

Fan Faves: Serves 3 & 4

Chef: Megan Bure

Wine Pairing: Doos Wine | Doos Dry Red 3L

Nutritional Info

	Per 100g	Per Portion
Energy	552kJ	4227kJ
Energy	132kcal	1011kcal
Protein	6.5g	49.8g
Carbs	15g	112g
of which sugars	3.7g	28.4g
Fibre	1.9g	14.7g
Fat	5.1g	39.2g
of which saturated	2.1g	16.1g
Sodium	239mg	1835mg

Allergens: Gluten, Allium, Wheat, Sulphites

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
480g	640g	Free-range Lamb Chunks
2	2	Onions <i>peel & finely dice 1½ [2]</i>
240g	240g	Carrot <i>rinse, trim, peel (optional) & cut ½ [all] into bite-sized pieces</i>
30ml	40ml	NOMU Italian Rub
300ml	400ml	Tomato Passata
150g	200g	Spinach <i>rinse & roughly shred</i>
90g	120g	Peas
8g	10g	Fresh Parsley <i>rinse & roughly chop</i>
30ml	40ml	Lemon Juice
3	4	Sourdough Baguettes <i>cut into rounds</i>

From Your Kitchen

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

1. LIPSMACKING LAMB Place a pot over medium-high heat with a drizzle of oil. Pat the lamb dry with paper towel and cut into bite-sized chunks. When hot, sear the lamb until browned, 2-3 minutes (shifting occasionally). Remove from the pan. Season and set aside.

2. FLAVOUR FOUNDATION Return the pot to medium-high heat with a drizzle of oil and a knob of butter. Fry the onion and the carrot until slightly softened, 8 -10 minutes (shifting occasionally). In the final 1-2 minutes, add the NOMU rub (shifting occasionally). Deglaze the pan with the tomato passata and 450ml [600ml] of water. Simmer until reduced and thickened, 20-25 minutes. In the final 1-2 minutes, add the lamb chunks, the spinach, the peas and a sweetener (to taste). Season and remove from the heat.

3. GREMOLATA TIME In a small bowl, combine ¾ of the parsley, a generous drizzle of olive oil and the lemon juice (to taste) and some seasoning. Set aside.

4. BUTTERY BAGUETTE Place a clean pan over medium heat. Smear a bit of butter (optional) or some olive oil over the baguette rounds. When hot, toast the rounds until golden and toasted, 30-60 seconds a side. Remove from the pan and set aside.

5. A SAVOURY SUCCESS Bowl up the lamb stew and top with the gremolata. Side with the toasted baguette rounds and finish with the remaining parsley. Delish work, Chef!

Chef's Tip

If you have time, pop a lid on the stew and leave it to simmer for longer so your lamb gets nice and tender. You can add a splash of water if it gets too thick.