

WCOOK

Autumn Moroccan Lamb

with butter bean mash

Hands-on Time: 35 minutes

Overall Time: 50 minutes

Carb Conscious: Serves 3 & 4

Chef: Jade Summers

Nutritional Info

	Per 100g	Per Portion
Energy	410kj	3072kj
Energy	98kcal	735kcal
Protein	5.3g	39.5g
Carbs	9.7g	73g
of which sugars	3.5g	26.5g
Fibre	2.7g	20.2g
Fat	4.3g	32.4g
of which saturated	1.7g	12.6g
Sodium	166mg	1247mg

Allergens: Allium

Spice Level: Mild

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
450g	600g	Free-range Lamb Chunks <i>cut into small chunks</i>
2	2	Onions <i>peel & roughly dice</i>
720g	960g	Carrot <i>rinse, peel (optional) & finely dice</i>
90ml	125ml	Tomato Paste
45ml	60ml	NOMU Moroccan Rub
120g	160g	Peas
360g	480g	Butter Beans <i>drain & rinse</i>
8g	10g	Fresh Mint <i>rinse & roughly chop</i>

From Your Kitchen

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

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

2. SUPERB STEW Add the onion and carrot to the pot and fry until golden, 6-8 minutes (shifting occasionally). Add the tomato paste, the NOMU rub, and fry until fragrant, 2-4 minutes (shifting constantly). Add 450ml [600ml] of water. Allow to simmer until the sauce has thickened slightly, 8-10 minutes. Mix through the peas and remove the stew from the heat and season well.

3. MMMMASH Place a clean pot over medium-high heat with the beans and a splash of milk (optional) or water. Once boiling, remove from the heat and stir in a drizzle of oil or 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. Season and cover to keep warm.

4. MOROCCAN FEAST Plate up the butter bean mash and top with the autumn stew, garnishing with the mint. Dinner is served, Chef!