



UCOOK

Paserene's Lamb & Patatas Bravas

with charred green beans

The smoky & spicy aromas of Spain will fill your kitchen today, Chef, as you cook a beautiful plate of food - crispy oven roasted baby potatoes covered in NOMU Spanish Rub rest on a generous serving of a rich tomato sauce. This accompanies butter-basted brown lamb and charred green beans. Buen Provecho!

Hands-on Time: 40 minutes

Overall Time: 55 minutes

Serves: 4 People

Chef: Paserene

 Adventurous Foodie

 Paserene | Dark Shiraz

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

1kg	Baby Potatoes <i>rinsed & halved</i>
60ml	NOMU Spanish Rub
2	Onions <i>peeled & finely diced</i>
400g	Cooked Chopped Tomato
640g	Free-range De-boned Lamb Leg
400g	Green Beans <i>rinsed & trimmed</i>

From Your Kitchen

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

1. CRISPY POTATOES Preheat the oven to 200°C. Spread the halved potatoes on a roasting tray. Coat in oil, ½ the NOMU rub, and season. Roast in the oven until golden, 30-35 minutes (shifting halfway).

2. COOK THE SAUCE Place a pan over a medium heat with a drizzle of oil. When hot, fry the diced onion until soft, 5-6 minutes (shifting occasionally). Add the remaining rub and fry until fragrant, 1-2 minutes. Add the cooked chopped tomato and 600ml of water. Simmer until thickened and reduced, 15-20 minutes. Add a sweetener and seasoning. Remove from the heat.

3. SIZZLING LAMB When the sauce has 8-10 minutes remaining, place a 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 1-2 minutes, baste with a knob of butter. Remove from the pan and place on a roasting tray to finish cooking in the oven, 5-8 minutes. Rest for 5 minutes before slicing and seasoning.

4. CHARRED GREEN BEANS Return the pan to medium-high heat with a knob of butter. When hot, fry the trimmed green beans until lightly charred but still crunchy, 8-10 minutes. Remove from the heat and season.

5. IT'S THAT TIME Make a bed of the sauce, top with the crispy potatoes, and serve alongside the lamb and the charred green beans on the side. Well, done Chef!



Chef's Tip

Air fryer method: Coat the potato pieces in oil, the NOMU rub, and season. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	447kJ
Energy	107kcal
Protein	5.3g
Carbs	10g
of which sugars	2.8g
Fibre	1.7g
Fat	5g
of which saturated	2.1g
Sodium	158mg

Allergens

Dairy, Allium

Cook
within
4 Days