



UCCOOK

Fragrant Moroccan Lamb Stew

with roasted butternut

Hands-on Time: 30 minutes

Overall Time: 50 minutes

Carb Conscious: Serves 1 & 2

Chef: Chloe Hughes

Wine Pairing: Creation Wines | Creation Syrah Grenache

Nutritional Info	Per 100g	Per Portion
Energy	407kJ	3370kJ
Energy	97kcal	806kcal
Protein	5.1g	42.5g
Carbs	9g	78g
of which sugars	3.1g	25.4g
Fibre	2.4g	20g
Fat	4.2g	34.6g
of which saturated	1.5g	12.8g
Sodium	121mg	998mg

Allergens: Allium

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
250g	500g	Butternut <i>rinse, deseed, peel (optional) & cut into half-moons</i>
150g	300g	Free-range Lamb Chunks
1	1	Onion <i>peel & roughly dice ½ [1]</i>
15ml	30ml	NOMU Moroccan Rub
20ml	40ml	Tomato Paste
100g	200g	Cooked Chopped Tomato
40g	80g	Peas
60g	120g	Chickpeas <i>drain & rinse</i>
40g	80g	Kale <i>rinse & roughly shred</i>
3g	5g	Fresh Coriander <i>rinse, pick & roughly chop</i>

From Your Kitchen

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

1. BEGIN THE BUTTERNUT Coat the butternut in oil and season. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway). Alternatively, preheat the oven to 200°C. Spread out the butternut on a roasting tray. Roast in the hot oven until golden, 25-30 minutes (shifting halfway).

2. LIPSMACKING LAMB Place a pot over high heat with a drizzle of oil. Pat the lamb dry with paper towel and season. When hot, sear the lamb until browned and cooked through, 2-3 minutes per side.

3. VEGGIE MEDLEY Add the onion and fry until golden, 4-5 minutes (shifting occasionally). Add the NOMU rub and the tomato paste, and fry until fragrant, 1-2 minutes. Add the chopped tomato, and 200ml [400ml] of water. Simmer until thickening and cooked through, 15-20 minutes. In the final 1-2 minutes, add the peas, chickpeas, and the kale. Remove from the heat, add a sweetener (to taste), and season.

4. WHAT A GREAT PLATE Plate up the roasted butternut, top with the lamb stew, and garnish with the coriander.