



UCOOK

Lush Lamb Pot Pie

with homemade shortcrust pastry & a fresh salad

Step up your chef game with this rustic lamb pot pie! It's as easy as 1, 2, 3 when it comes to making your own homemade flakey shortcrust pastry, under which tender lamb leg swims in a rich red wine and thyme sauce, just waiting to be devoured! Accompanied by a light fresh salad, you'll be hoping the mouthfuls never end.

Hands-On Time: 25 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Hannah Duxbury

 Adventurous Foodie

 Fat Bastard | Chenin Blanc

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Ingredients & Prep

250ml	Cake Flour
50g	Butter <i>cut into small cubes</i>
1	Onion <i>½ peeled & finely diced</i>
160g	Free-range Lamb Leg <i>cut into bite-sized chunks</i>
5ml	NOMU Roast Rub
50ml	Red Wine
10ml	Beef Stock
4g	Fresh Thyme <i>rinsed</i>
10ml	Tomato Paste
50g	Peas
20g	Salad Leaves <i>rinsed</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Cling Wrap
Egg/s
Milk

1. TIME TO PASTRY! Preheat the oven to 200°C. Boil a full kettle. Place 160ml (about $\frac{2}{3}$) of the flour in a bowl. Using your fingers, rub the butter cubes into the flour. The final mixture should look like coarse breadcrumbs. In a separate bowl, whisk 1 egg and a pinch of salt. Using a fork, mix in $\frac{1}{2}$ of the egg into the flour mixture. Using your hands, bring the dough together. You don't want to over knead the mixture! Wrap in cling wrap and set aside in the fridge.

2. PIE FILLING Place a pot over a medium-high heat with a drizzle of oil. When hot, fry the diced onion for 3-4 minutes until soft and translucent, shifting occasionally. Add the lamb chunks and the rub and fry for 2-3 minutes, shifting as they colour. Whisk in 1 tbsp of the remaining flour and the red wine, until the flour is fully incorporated. Add the beef stock, the rinsed thyme, 100ml of boiling water, and the tomato paste. Simmer, uncovered, for about 4 minutes, until the lamb is soft and the sauce has reduced. If the lamb is not soft, add another splash of water and continue simmering until soft. Season to taste and remove the thyme stalk.

3. POT PIE PERFECTION Sprinkle some of the remaining flour on a flat surface. Remove the pastry from the fridge and place on top of the sprinkled flour. Dust a rolling pin (or bottle!) and use to roll out the dough to 5mm thick. Spoon the pie filling into either individual ramekins or a larger oven-proof dish. Carefully lay the rolled out shortcrust pastry on top of the pie filling, trim off any extra, and push down the edges to seal. Lightly brush the top of the pastry with milk and use a knife to pierce a hole in the center of the pastry. Bake in the hot oven for 15-20 minutes, until the pastry is golden and cooked through.

4. WORLD PEAS Submerge the peas in boiling water for 2-3 minutes until plump and heated through. Drain on completion and place in a bowl. Just before serving, add the rinsed salad leaves to the bowl along with a drizzle of oil and seasoning.

5. I SPY A DELICIOUS PIE! Pile up a plate of the leafy salad. Serve with a hearty helping of lamb pot pie. Dig in!



Chef's Tip

Get decorative with any remaining pastry by cutting it into shapes and using water or milk to stick it to the top of the pie pastry before baking!

Nutritional Information

Per 100g

Energy	1070kJ
Energy	256Kcal
Protein	8.3g
Carbs	26g
of which sugars	1.8g
Fibre	1.8g
Fat	12.8g
of which saturated	6.3g
Sodium	121mg

Allergens

Dairy, Allium, Sulphites, Alcohol

Cook
within
4 Days