



# UCOOK

## Lamb with Green Leaf Dressing

with carrot mash & sunflower seeds

Succulent lamb rump slices sided with smooth carrot mash, topped with pickled chillies, served with a fresh green sauce of kale, garlic and olive oil, and sprinkled with toasted sunflower seeds - a real winner dinner!

---

**Hands-On Time:** 15 minutes

**Overall Time:** 30 minutes

---

**Serves:** 1 Person

---

**Chef:** Thea Richter

---

♥ Health Nut

---

🍷 Warwick Wine Estate | First Lady Cabernet Sauvignon

---

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

## Ingredients & Prep

240g	Carrot <i>trimmed, peeled &amp; cut into bite-sized chunks</i>
10ml	White Wine Vinegar
1	Fresh Chilli <i>deseeded &amp; roughly sliced</i>
10g	Sunflower Seeds
1	Garlic Clove <i>peeled &amp; grated</i>
50g	Kale <i>rinsed &amp; roughly shredded</i>
160g	Free-range Lamb Rump

## From Your Kitchen

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

**1. GET GOING!** Boil a full kettle. Place a pot over a medium-high heat with 3-4 cm of boiling water covering the base. Place the carrot chunks in a colander over the pot, cover, and steam for 15-20 minutes until cooked through and soft. On completion, drain and return to the pot. Stir in a knob of butter or coconut oil (optional) and a splash of milk or water. Mash with a fork or potato masher until desired consistency. Season and cover to keep warm.

**2. PICKLE & TOAST** In a bowl, add ½ the vinegar, 5ml of a sweetener of choice and 10ml of water. Mix until the sweetener is fully dissolved. Add the sliced chilli and set aside to pickle. Place the sunflower seeds in a pan over a medium heat. Toast for 2-4 minutes until lightly browned, shifting occasionally. Remove from the pan on completion.

**3. BRIGHT GREEN SAUCE** Place a pot over a medium heat with a drizzle of oil. When hot, fry the grated garlic for 1-2 minutes until fragrant, shifting constantly. Remove from the pot and set aside. Return the pot to a high-heat, fill with boiling water, and add a pinch of salt. Once bubbling rapidly, blanch a ¼ of the shredded kale for 30 seconds. Drain on completion and run under cold water to stop the cooking process. Using a tea towel, squeeze out the extra liquid from the kale. Place the squeezed kale in a blender with the fried garlic, remaining vinegar and 40ml of olive oil. Blend until smooth and saucy and season.

**4. SIZZLING STEAK** Pat the steak dry with some paper towel. Return the pan to a medium-high heat with a drizzle of oil. When hot, sear the steak fat-side down, for 3-5 minutes until crispy. Then, fry for 3-4 minutes per side, or until cooked to your preference (this time frame may depend on the thickness of the steak). During the final 1-2 minutes, baste with a drizzle of oil or a knob of butter. Remove from the pan on completion and rest for 5 minutes before slicing. Lightly season the slices.

**5. SAUTÉED GREENS** Return the pan to a medium heat with a drizzle of oil. When hot, sauté the remaining shredded kale for 2-3 minutes until slightly wilted, shifting occasionally. Remove from the heat and season.

**6. FEASTING TIME!** Plate up a generous helping of carrot mash and sautéed kale. Side with the gorgeous lamb rump and drizzle over the bright green sauce. Top with the pickled chilli and a drizzle of the pickling liquid (to taste). Sprinkle over the toasted seeds and dig in!



## Chef's Tip

If your green sauce is too thick, loosen with an extra drizzle of oil.

## Nutritional Information

Per 100g

Energy	517kJ
Energy	124Kcal
Protein	7g
Carbs	6g
of which sugars	2.6g
Fibre	2g
Fat	8g
of which saturated	2.9g
Sodium	38mg

## Allergens

Allium, Sulphites

Cook  
within  
4 Days