



UCCOOK

Nitída's Lamb & Creamy Polenta

with mixed herbs

Hands-on Time: 20 minutes

Overall Time: 20 minutes

Quick & Easy: Serves 1 & 2

Chef: Nitída Winery

Wine Pairing: Nitída | Merlot

Nutritional Info	Per 100g	Per Portion
Energy	805kJ	2893kJ
Energy	193kcal	692kcal
Protein	10.2g	36.6g
Carbs	15g	53g
of which sugars	1.5g	5.5g
Fibre	1.7g	5.9g
Fat	9.9g	35.6g
of which saturated	3.9g	14g
Sodium	277mg	994mg

Allergens: Cow's Milk, Egg, Allium, Sulphites

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
150g	300g	Free-range Lamb Chunks
6g	10g	Herb Mix (3g [5g] Fresh Rosemary & 3g [5g] Fresh Thyme)
1	1	Spring Onion <i>rinse, trim & finely slice, keeping the white & green parts separate</i>
10ml	20ml	NOMU Italian Rub
50ml	100ml	Tomato Passata
50g	100g	Spinach <i>rinse & roughly shred</i>
75ml	150ml	Polenta
20ml	40ml	Grated Italian-style Hard Cheese
15ml	30ml	Lemon Juice

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Sugar/Sweetener/Honey

Paper Towel

Butter

1. BUTTERY LAMB Boil the kettle. Place a pot over medium-high heat with a drizzle of oil and a knob of butter. Pat the lamb dry with paper towel and cut into small chunks. When hot, sear the lamb until browned, 1-2 minutes (shifting occasionally).

2. AMAZING AROMAS Rinse and roughly chop the mixed herbs. Add the spring onion whites, and the NOMU rub to the pot. Fry until fragrant, 1-2 minutes. Mix in the tomato passata, and 100ml [200ml] of boiling water. Simmer until the sauce is thickening, 12-15 minutes. In the final 2-3 minutes, mix in the spinach, the mixed herbs, and a sweetener (to taste). Remove from the heat and season.

3. CHEESY POLENTA While the lamb is on the go, to a clean pot add 350ml [700ml] of boiling water. Slowly whisk in the polenta until there are no lumps. Reduce the heat and cook until the polenta is soft and creamy, 5-8 minutes (whisking often). Remove the pot from the heat and stir through a knob of butter, the cheese, and seasoning. Loosen with a splash of warm water if necessary.

4. A PERFECT PLATE Bowl up the creamy polenta, and top with the saucy lamb. Garnish with the spring onion greens, and drizzle over the lemon juice (to taste).