

# LAMB GATSBY

BREAD ROLL FILLED WITH PULLED LAMB  
SWEET POTATO CHIPS AND SPICY ATCHAR





## LAMB

- 1 kg Lamb flank
- 1 cup Balsamic vinegar
- 1 cup Lamb stock
- 3 cloves Garlic
- 2 medium Onions, thinly sliced
- 1 teaspoon Salt
- ½ teaspoon Chili powder
- ½ cup Mango Atchar
- 6 Portuguese rolls
- 6-12 leaves Lettuce, crispy
- ½ cup Spicy mayonnaise

## SWEET POTATO CHIPS

- 4 medium sweet potatoes
- 1 teaspoon Salt
- ½ teaspoon Paprika
- 1 tablespoon Olive oil
- 1 teaspoon Vinegar

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**A Portuguese roll filled with pulled lamb (flank), sweet potato chips, crispy lettuce and spicy mango atchar.**

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### PREPARE THE LAMB:

1. Place the lamb flank in the Instant Pot Pro with the skin side up. Pour the balsamic vinegar and stock over the lamb. Scatter the garlic and onions around the lamb. Add the salt and chili powder.
2. Seal the Instant Pot Pro. Pressure cook on high for 30 minutes. Let it natural pressure release for 20 minutes, then release the remaining pressure.
3. Remove the flank from the Instant Pot Pro and let it cool slightly. Leave the onions and remaining liquid in the Instant Pot Pro. Select the sauté setting (medium) on the Instant Pot Pro and reduce the liquid until it has thickened.
4. Remove the skin and any sinews from the meat. Place the meat in a shallow dish and shred the meat using 2 forks. Use some of the thickened sauce to moisten the meat.

### PREPARE THE SWEET POTATO CHIPS (WHILE THE LAMB IS COOKING):

5. Select the Vortex Air Fryer setting and preheat to 200°C.
6. Cut the sweet potato into thick chips. Place in a bowl with the oil and toss to coat. Season with the salt and paprika and mix until evenly coated.
7. Place an even layer of the fries in the Vortex Air Fryer. Cook until golden and crisp, about 10-15 minutes.

### ASSEMBLING THE GATSBY:

8. Slice the Portuguese roll crosswise, spread with the spicy mayonnaise. Place the atchar on the bottom half of the roll. Arrange the lamb on top of the atchar. Cover with the chips and lettuce. Complete the Gatsby by covering it with the top half of the roll. Serve with ketchup and peri-peri sauce.

EQUIPMENT INSTANT POT PRO AND VORTEX AIR FRYER



**YIELDS:** 4-6 servings

**PREP TIME:** 10 minutes

**COOKING TIME:** 50 minutes

**TOTAL TIME:** 1 hour

