



UCCOOK

Caribbean Lamb & Spicy Pineapple Salsa

with coconut rice

Hands-on Time: 40 minutes

Overall Time: 55 minutes

Adventurous Foodie: Serves 3 & 4

Chef: Kate Gomba

Wine Pairing: Muratie Wine Estate | Muratie Melck's-Blended Red

Nutritional Info

	Per 100g	Per Portion
Energy	829.6kJ	4597.1kJ
Energy	198.3kcal	1098.9kcal
Protein	6.5g	35.9g
Carbs	16.4g	91g
of which sugars	2.5g	13.9g
Fibre	0.7g	3.7g
Fat	11.9g	65.7g
of which saturated	6.4g	35.5g
Sodium	111.6mg	618.7mg

Allergens: Sulphites, Cow's Milk, Allium

Spice Level: Hot

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
60g	80g	Pickled Onions <i>drain & roughly dice</i>
8g	10g	Fresh Thyme <i>rinse</i>
525g	700g	Free-range Lamb Leg Chops
30ml	40ml	Lime Juice
2	2	Fresh Chillies <i>rinse, trim, deseed & finely slice</i>
300g	400g	Cucumber <i>rinse & roughly dice</i>
7.5ml	10ml	Dried Chilli Flakes
7.5ml	10ml	Old Stone Mill Jerk Seasoning
150g	200g	Tinned Pineapple Pieces <i>drain</i>
300ml	400ml	Jasmine Rice <i>rinse</i>
300ml	400ml	Coconut Cream

From Your Kitchen

Oil (cooking, olive OR coconut)

Seasoning (Salt & Pepper)

Water

Paper Towel

Butter

1. COCONUT RICE Place the rice in a pot with 300ml [400ml] of salted water and ½ the coconut cream. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, about 10 minutes. Remove from the heat and steam, 8-10 minutes. Fluff with a fork, mix in the remaining coconut cream, and cover.

2. CHARRED PINEAPPLE Place a pan over medium heat with a drizzle of oil and a knob of butter. When hot, fry the pineapple until charred, 5-6 minutes (shifting occasionally). Remove from the pan.

3. LAMB Return the pan to medium-high heat with a drizzle of oil. Pat the lamb dry with paper towel and coat with the Jerk seasoning. When hot, sear the lamb until browned, 2-3 minutes per side. In the final 1-2 minutes, baste with a knob of butter and the thyme sprigs. Remove from the pan with all the pan juices and rest for 5 minutes.

4. SALSA In a bowl, combine the pineapple, cucumber, chilli (to taste), pickled onions, lime juice, and seasoning.

5. DINNER IS READY Make a bed of the coconut rice in a bowl, top with lamb, and drizzle over some pan juices (to taste). Scatter over the pineapple salsa and garnish with a sprinkle of the chilli flakes. Cheers, Chef!