



UCOOK

Cumin & Szechuan Lamb

with sweet potato mash & fresh coriander

This flavourful stir-fry is loaded with lamb goulash, szechuan peppercorns, pickled peppers, onion, cumin, and carrots. Served with sweet potato mash and fresh fragrant coriander. Stir-fry is always a dinner winner, and this dish is no exception!

Hands-On Time: 20 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Thea Richter

 Fan Faves

 Boschendal | 1685 Shiraz

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Ingredients & Prep

250g	Sweet Potato <i>peeled & cut into small chunks</i>
5ml	Ground Cumin
7,5ml	Szechuan Peppercorns
15ml	Low Sodium Soy Sauce
150g	Free-range Lamb Goulash
1	Onion <i>½ peeled & cut into 1cm thick slices</i>
120g	Carrot <i>rinsed, trimmed & cut into small bite-sized chunks</i>
25g	Pickled Bell Peppers <i>drained & roughly chopped</i>
4g	Fresh Coriander <i>rinsed & picked</i>

From Your Kitchen

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

1. SWEET MASH Boil the kettle. Place a pot over a medium-high heat with 2cm of boiling water covering the base. Once steaming, place the sweet potato chunks in a colander over the pot. Allow to steam covered for 15-20 minutes until cooked through and soft. Alternatively, use a steamer if you have one. On completion, discard the water and place the cooked sweet potato in the pot. Add ½ the cumin, a knob of butter or coconut oil (optional) and a splash of water or milk. Mash with a fork or potato masher until desired consistency. Season to taste.

2. SPICE MIX Using a pestle and mortar or the back of a sturdy knife, crush the peppercorns until fine. Alternatively, roughly chop with a knife. Place a pan over a medium heat. When hot, dry toast the remaining cumin and the crushed peppercorns for 1-2 minutes until fragrant, shifting constantly. Remove from the pan and place in a bowl. Add the soy sauce, 50ml of water, and a sweetener of choice (to taste). Mix until fully combined and set aside.

3. BROWNED LAMB Return the pan to a high heat with a drizzle of oil. When hot, add the lamb goulash and fry for 4-5 minutes until browned, shifting occasionally. Remove from the pan on completion. Season and set aside.

4. THE STIR-FRY SITUATION Return the pan to a medium-high heat with a drizzle of oil. When hot, add the onion slices and the carrot chunks and fry for 4-5 minutes until softened, shifting occasionally. Add the chopped pickled pepper and fry for 2-3 minutes until starting to brown, shifting occasionally. Add the browned lamb and the soy-peppercorn mixture and leave to simmer for 3-6 minutes until the sauce is slightly reduced. Season to taste.

5. THE MAIN EVENT! Pile up the sweet potato mash. Side with the fragrant lamb stir-fry and sprinkle over the picked coriander. Great work, Chef!

Nutritional Information

Per 100g

Energy	466kj
Energy	112Kcal
Protein	5.2g
Carbs	11g
of which sugars	4.4g
Fibre	1.8g
Fat	5g
of which saturated	1.9g
Sodium	238mg

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites, Soy

Cook
within
4 Days