



UCOOK

Lekker Lamb Breyani

with brown rice, yoghurt & an Indian spice blend

A delicious lamb breyani, made with an Indian spice blend that marries the satisfying flavours of star anise, cumin seeds, cardamom pods & cinnamon. Loaded with lentils, and crowned with a dollop of herbed yoghurt & fresh chilli. Nothing beats a home-cooked breyani!


Hands-on Time: 35 minutes

Overall Time: 50 minutes

Serves: 1 Person

Chef: Kate Gomba

 Fan Faves

 Harry Hartman | Somesay Shiraz

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Ingredients & Prep

100ml	Brown Rice <i>rinsed</i>
4g	Fresh Coriander <i>rinsed & picked</i>
1	Garlic Clove <i>peeled & grated</i>
1	Fresh Chilli <i>de-seeded & roughly sliced</i>
13.75ml	Spice Blend <i>(10ml NOMU Indian Rub, 1 Cardamom Pod, 1 Cinnamon Stick, 3,75ml Cumin Seeds & 1 Star Anise)</i>
1	Onion <i>½ peeled & roughly diced</i>
150g	Free-range Lamb Chunks <i>pat dry & cut into small chunks</i>
60g	Tinned Lentils <i>drained & rinsed</i>
40ml	Low Fat Plain Yoghurt

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Blender (optional)

1. BREYANI RICE Place the rinsed rice in a pot with 300ml of salted water. Cover and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 25-30 minutes. Drain (if necessary) and cover.

2. FRESH HERB PASTE Finely chop ½ the picked coriander, the grated garlic and ¾ of the sliced chilli (to taste) until a chunky paste. Place in a bowl and mix in a drizzle of oil. Alternatively, use a blender if you have one.

3. SPICE THINGS UP Place a pot over medium-high heat with enough oil to cover the base. Once hot, fry the spice blend until fragrant, for 1-2 minutes (shifting constantly). Add the diced onion and the lamb chunks. Fry until the onion is soft, 3-4 minutes. Remove and discard the cinnamon stick and the star anise. Mix in the coriander paste and seasoning. Fry, 3-4 minutes, (shifting regularly.)

4. THE FINAL STEAM & THE FINAL MIX Add the cooked rice and the drained lentils to the pot and gently toss, 1-2 minutes. Remove from the heat, cover, and dry out for 10 minutes. There should be no liquid remaining. Finely chop the remaining coriander leaves and place in a bowl with the yoghurt. Mix to combine, season, and set aside.

5. A MEAL TO BE PROUD OF! Dish up a mound of fragrant lamb breyani. Dollop over the herby yoghurt and garnish with the remaining chilli (to taste). Dig in! (And watch out for those sneaky cardamom pods...)

Nutritional Information

Per 100g

Energy	867kJ
Energy	207kcal
Protein	11g
Carbs	24g
of which sugars	1.7g
Fibre	4.7g
Fat	8.2g
of which saturated	3g
Sodium	118mg

Allergens

Dairy, Allium

Cook
within
4 Days