

# UCOOK

## Temptations Durban Lamb Bunny Chow

with thick lamb and potato curry, a fluffy  
bread loaf & leafy greens

Easy, flavourful, and all in one pot! Durban is famous for the bunny chow, and it takes us back to our childhoods: sumptuous lamb steeped in a fragrant curry, soaking into soft bread. Creating this recipe was more of a science than an art. The art is in the eating – prepare to use your fingers!

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**Hands-On Time:** 40 minutes

**Overall Time:** 60 minutes

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**Serves:** 3 People

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**Chef:** Prim Reddy & Niranj Pather

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 Easy Peasy

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 Steenberg Vineyards | Merlot

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## Ingredients & Prep

|        |                                                                        |
|--------|------------------------------------------------------------------------|
| 480g   | Deboned Lamb Shoulder                                                  |
| 2      | Onions<br><i>peeled &amp; finely diced</i>                             |
| 3,75ml | Whole Spice Mix<br><i>(3 Cinnamon Sticks &amp; 3,75ml Cumin Seeds)</i> |
| 8g     | Fresh Curry Leaves                                                     |
| 3      | Garlic Cloves<br><i>peeled &amp; grated</i>                            |
| 30g    | Fresh Ginger<br><i>peeled &amp; grated</i>                             |
| 85ml   | Medium Curry Powder                                                    |
| 600g   | Potato<br><i>peeled &amp; diced into bite-sized pieces</i>             |
| 120g   | Green Leaves<br><i>rinsed</i>                                          |
| 2      | White Bread Loaves                                                     |
| 8g     | Fresh Coriander<br><i>rinsed &amp; roughly chopped</i>                 |

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Paper Towel  
Sugar/Sweetener/Honey

**1. LET'S GET GOING!** Boil the kettle. Place a pot that has a lid over a medium heat with a drizzle of oil. Pat the lamb dry with paper towel. When the pot is hot, fry for 3-4 minutes until browned but not cooked through, shifting as it colours. Stir through the diced onion, whole spice mix, and curry leaves. Fry for 4-5 minutes until the onion is soft and translucent.

**2. KEEP CALM & CURRY ON** Stir through the grated garlic, grated ginger, and curry powder. Fry for 1-2 minutes until fragrant, shifting constantly. Reduce the heat to low and cover with the lid – the steam will create liquid for the gravy. Allow to simmer for 12-15 minutes, stirring occasionally to prevent sticking. If it starts to dry out, mix in a splash of boiling water.

**3. SOFT, SAUCY POTATOES** Once the curry has finished simmering, remove and discard the cinnamon sticks. Stir through the diced potatoes and 240ml of boiling water. Continue to simmer (uncovered) for 20-25 minutes until the potatoes are soft and the sauce has thickened.

**4. PREP THE LAST BITS** Toss the rinsed green leaves with 3 tsp of olive oil, and some seasoning. Set aside for serving. Time to hollow out your bunnies! Using a bread knife, halve the bread loaves, making sure each one isn't longer than about 9cm. Set aside one ½ for another use. Use the knife to remove the soft inside of the remaining halves – the sides and base should still be 1-2cm thick. Set aside the insides and outsides for serving. When the curry has thickened, remove from the heat. Season to taste with salt, pepper, and a sweetener of choice.

**5. TIME TO CHOW DOWN!** Place the hollowed out loaves on plates. Ladle in the curry until it overflows and garnish with the chopped coriander. Serve the soft chunks of bread on the side ready to dunk in the sauce, or use them to soak up any curry left in the pot. Plate the dressed leaves on the side, wash those hands, and get ready to dig in!

## Nutritional Information

Per 100g

|                    |         |
|--------------------|---------|
| Energy             | 586kJ   |
| Energy             | 140Kcal |
| Protein            | 7.4g    |
| Carbs              | 14g     |
| of which sugars    | 1.4g    |
| Fibre              | 4.4g    |
| Fat                | 6.7g    |
| of which saturated | 2.5g    |
| Sodium             | 54mg    |

## Allergens

Gluten, Allium, Wheat

Cook  
within  
4 Days