

Eat Within 4 Days

UCOOK

Quick Lamb Tomato Bredie

with Mrs Balls Chutney, turmeric rice & fresh coriander

Hands-on Time: 20 minutes

Overall Time: 35 minutes

Fan Faves: Serves 1 & 2

Chef: Ella Nasser

Wine Pairing: Painted Wolf Wines | The Den Pinotage

Nutritional Info	Per 100g	Per Portion
Energy	683kJ	3785kJ
Energy	163kcal	906kcal
Protein	6.8g	37.7g
Carbs	21g	118g
of which sugars	5g	27.7g
Fibre	1.6g	9.1g
Fat	5.7g	31.6g
of which saturated	2.3g	12.5g
Sodium	69mg	384mg

Allergens: Sulphites, Allium

Spice Level: Mild

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
100ml	200ml	White Basmati Rice *rinse*
5ml	10ml	Ground Turmeric
10g	20g	Golden Sultanas
150g	300g	Free-range Lamb Chunks
1	1	Onion *peel & roughly slice ½ [1]*
1	1	Garlic Clove *peel & grate*
10g	20g	Fresh Ginger *peel & grate*
15ml	30ml	Bredie Spice *(10ml [20ml] Garam Masala & 5ml [10ml] Ground Paprika)*
100g	200g	Cooked Chopped Tomato
15ml	30ml	Mrs Balls Chutney
3g	5g	Fresh Coriander *rinse & pick*

From Your Kitchen

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

1. Y'ELLO, RICE! Place the rice in a pot over medium-high heat with the turmeric. Submerge in 200ml [400ml] of salted water, cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 8-10 minutes. Remove from the heat and set aside to steam, 8-10 minutes. Drain if necessary, fluff up with a fork, and toss through the sultanas.

2. LAMB CHUNKS Place a pan over medium-high heat with a drizzle of oil. Pat the lamb dry with paper towel. When hot, sear the lamb until browned, 3-4 minutes (shifting occasionally).

3. NOTHING BEATS A BREDIE Add the onion to the pan and fry until soft and lightly golden, 4-5 minutes (shifting occasionally). Add the garlic, ginger, and the bredie spice blend. Fry until fragrant, 1-2 minutes (shifting constantly). Add the cooked chopped tomato, chutney, and 150ml [300ml] of water. Simmer until the lamb is soft and tender and the sauce is thickening, 12-15 minutes. Add seasoning and a sweetener (to taste). Remove from the heat.

4. THE TASTE OF HOME Plate up the aromatic turmeric-sultana rice. Side with the tomato bredie. Garnish with the coriander. Easy peasy, Chef!

Chef's Tip For savoury dishes, a touch of sweetness can enhance and round out flavours, especially in acidic or spicy recipes.