



# UCOOK

## Caribbean Lamb Chop & Spicy Jollof Rice

**with toasted coconut flakes & pineapple pieces**

North, South, East, West, you'll taste today why jollof rice is the best! This popular West African staple features tangy fresh tomatoes & tomato paste, a special UCOOK jollof seasoning, onions & bell peppers. Served with a pan-fried, butter-basted lamb chop and a zesty pineapple & coriander salsa. Garnished with toasted coconut flakes.

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**Hands-on Time:** 45 minutes

**Overall Time:** 55 minutes

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**Serves:** 4 People

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**Chef:** Jenna Peoples

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Fan Faves

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Painted Wolf Wines | The Den Chenin Blanc

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## Ingredients & Prep

2	Onions <i>peel &amp; roughly dice</i>
2	Bell Peppers <i>rinse, deseed &amp; finely dice</i>
2	Tomatoes <i>rinse &amp; roughly dice</i>
60ml	Tomato Paste
80ml	Jollof Spice <i>(20ml Medium Curry Powder, 20ml Smoked Paprika, 20ml Dried Thyme &amp; 20ml Dried Chilli Flakes)</i>
2	Garlic Cloves <i>peel &amp; grate</i>
400ml	White Basmati Rice <i>rinse</i>
40g	Coconut Flakes
160g	Tinned Pineapple Pieces <i>drain &amp; finely dice</i>
10g	Fresh Coriander <i>rinse, pick &amp; finely chop</i>
40ml	Lemon Juice
700g	Free-range Lamb Leg Chops

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Paper Towel  
Butter

**1. AMAZING AROMATICS** Place a pot over medium heat with a drizzle of oil. When hot, fry the diced onions and  $\frac{3}{4}$  of the diced peppers until soft and fragrant, 6-7 minutes. Add the diced tomatoes, the tomato paste, the jollof spice, and the grated garlic. Fry until fragrant, 4-5 minutes.

**2. JOLLOF RICE** Add the rinsed rice, salt (to taste), and 800ml of water to the pot. 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.

**3. TOAST** Place the coconut flakes in a pan over medium heat. Toast until lightly golden, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

**4. SALSA** In a bowl, combine the drained pineapple pieces, the remaining green pepper, the chopped coriander, the lemon juice, and seasoning.

**5. LAMB** Return the pan to 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 per side. In the final 1-2 minutes, baste with a knob of butter. Remove from the pan, season, and rest for 5 minutes.

**6. DINNER IS READY** Plate up the jollof rice. Side with the salsa and the lamb chops. Sprinkle over the toasted coconut flakes. Enjoy, Chef!

## Nutritional Information

Per 100g

Energy	535kj
Energy	128kcal
Protein	4.8g
Carbs	13g
of which sugars	2.8g
Fibre	1.7g
Fat	6.2g
of which saturated	2.9g
Sodium	19mg

## Allergens

Gluten, Allium, Wheat, Cow's Milk

Eat  
Within  
4 Days