



UCCOOK

Lamb Chilli Con Carne

with roasted butternut

Hands-on Time: 40 minutes

Overall Time: 60 minutes

Carb Conscious: Serves 3 & 4

Chef: Kate Gomba

Wine Pairing: Waterkloof | Beeskamp Cabernet Sauvignon

Nutritional Info

	Per 100g	Per Portion
Energy	455kj	3618kj
Energy	109kcal	866kcal
Protein	5.2g	41.3g
Carbs	9g	71g
of which sugars	3.3g	26.5g
Fibre	1.9g	15.4g
Fat	5.2g	41.7g
of which saturated	2.1g	16.6g
Sodium	167mg	1333mg

Allergens: Cow's Milk, Allium, Sulphites

Spice Level: Hot

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
750g	1kg	Butternut <i>rinse, deseed, peel (optional) & cut into bite-sized pieces</i>
480g	640g	Free-range De-boned Lamb Shoulder Chunks
2	2	Onions <i>peel & roughly dice 1½ [2]</i>
45ml	60ml	NOMU Cajun Rub
3	4	Fresh Chillies <i>rinse, trim, deseed & finely slice</i>
300g	400g	Cooked Chopped Tomato
15ml	20ml	Beef Stock
180g	240g	Kidney Beans <i>drain & rinse</i>
60ml	80ml	BBQ Sauce
90ml	125ml	Sour Cream
8g	10g	Fresh Parsley <i>rinse, pick & roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Sugar/Sweetener/Honey
Paper Towel
Seasoning (salt & pepper)

1. ROAST Preheat the oven to 200°C. Spread the butternut on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 35-40 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 25-30 minutes (shifting halfway).

2. BROWN LAMB Place a pot 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. SAUCY LAMB Add the onion to the pot and fry until soft and lightly golden, 4-5 minutes (shifting occasionally). Add the NOMU rub and the chilli (to taste) and fry until fragrant, 1-2 minutes. Mix in the cooked chopped tomato, the stock, and 600ml [800ml] of water. Simmer until thickened and the lamb is tender, 20-25 minutes. In the final 1-2 minutes, mix in the beans, and the BBQ sauce. Remove from the heat, add a sweetener (to taste) and season.

4. DINNER IS READY Pile up the chilli con carne. Dollop over the sour cream. Sprinkle over the parsley and any remaining chilli (to taste). Side with the roasted butternut. Well done, Chef!