



UCOOK

Lamb Chop & Sun-dried Tomato Rice

with sunflower seeds & green fresh leaves


When you make a lamb dish, Chef, you want a recipe that does this mouthwatering meat justice. Rest assured, this recipe does just that. Featuring a loaded rice as foundation, which is dotted with tangy sun-dried tomato & onion. These flavours magnify the juicy lamb chops while the nutty green salad balances the richness.


Hands-on Time: 30 minutes

Overall Time: 40 minutes

Serves: 2 People

Chef: Hellen Mwanza

 Fan Faves

 Paardenkloof Wines | Paardenkloof "Die Fynboshuis" Cabernet Sauvignon

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Ingredients & Prep

20g	Sunflower Seeds
1	Onion <i>peel & finely dice</i>
200ml	White Basmati Rice <i>rinse</i>
40g	Sun-dried Tomatoes <i>roughly chop</i>
350g	Free-range Lamb Leg Chops
10ml	NOMU BBQ Rub
40g	Green Leaves <i>rinse</i>
5g	Fresh Coriander <i>rinse, pick & roughly chop</i>

From Your Kitchen

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

1. GO FOR GOLDEN-BROWN Place the sunflower seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

2. NICE RICE Place a pot over medium heat with a drizzle of oil. When hot, fry the diced onion until golden, 4-5 minutes (shifting occasionally). Mix through the rinsed rice and add 400ml of salted water. Cover 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. Toss through the chopped sun-dried tomatoes, fluff with a fork, and cover.

3. LIP-SMACKING 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 and the NOMU rub. Remove from the pan, reserving any pan juices, season, and rest for 5 minutes.

4. NUTTY SALAD In a bowl, toss together the rinsed leaves, ½ the toasted seeds, a drizzle of olive oil, and seasoning. Set aside.

5. DINNER'S READY! Plate up the lamb and side with the sun-dried tomato rice. Drizzle with any reserved pan juices and serve the green salad on the side. Garnish with the remaining toasted seeds and the chopped coriander.

Nutritional Information

Per 100g

Energy	1012kJ
Energy	242kcal
Protein	9.6g
Carbs	22g
of which sugars	2.3g
Fibre	1.4g
Fat	13.1g
of which saturated	5g
Sodium	97mg

Allergens

Allium, Sulphites, Cow's Milk

Cook
within
4 Days