



UCCOOK

Delheim's Gochujang Lamb Chop

with sesame rice

Hands-on Time: 30 minutes

Overall Time: 40 minutes

Fan Faves: Serves 1 & 2

Chef: Delheim Winery

Wine Pairing: Delheim Wines | Delheim Merlot

Nutritional Info	Per 100g	Per Portion
Energy	943kJ	4083kJ
Energy	225kcal	976kcal
Protein	8.3g	35.8g
Carbs	19g	82g
of which sugars	1g	4.4g
Fibre	0.9g	4g
Fat	12.8g	55.6g
of which saturated	4.8g	20.8g
Sodium	179mg	773mg

Allergens: Soya, Gluten, Allium, Sesame, Wheat, Sulphites, Sugar Alcohol (Sweetener)

Spice Level: Hot

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
100ml	200ml	Jasmine Rice <i>rinse</i>
7,5ml	15ml	Sesame Oil
100g	200g	Cucumber <i>rinse</i>
10ml	20ml	Lemon Juice
5ml	10ml	Dried Chilli Flakes
25ml	50ml	Gochujang Sauce <i>(7,5ml [15ml] Gochujang, 7,5ml [15ml] Low Sodium Soy Sauce & 10ml [20ml] Rice Wine Vinegar)</i>
1	1	Garlic Clove <i>peel & grate</i>
175g	350g	Free-range Lamb Leg Chops
10g	20g	Pickled Ginger <i>drain & roughly chop</i>
5ml	10ml	Black Sesame Seeds

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Paper Towel

1. **RICE** Place the rice in a pot with 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, about 10 minutes. Remove from the heat, fluff with a fork, and mix in the sesame oil. Set aside to steam, 8-10 minutes.

2. **CUCUMBER** Using a rolling pin or bottle, smash the cucumber, slice into bite-sized pieces, and add to a bowl. Mix in the lemon juice, the chilli flakes (to taste), toss to combine, and add seasoning.

3. **LAMB** Combine the gochujang sauce with the garlic and a splash of water. Place a pan over medium-high heat with a drizzle of oil. Pat the lamb dry with paper towel and season. When hot, sear the lamb until browned, 3-4 minutes per side. In the final 1-2 minutes, baste with the gochujang sauce. Remove from the pan with all the pan juices and rest for 5 minutes.

4. **DINNER IS READY** Plate up the sesame rice, top with the lamb, and all the pan juices. Scatter over the pickled ginger, the sesame seeds, and serve alongside the smashed cucumber. Dig in, Chef!