



UCCOOK

Caribbean Lamb & Spicy Pineapple Salsa

with coconut rice

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Adventurous Foodie: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Creation Wines | Creation Pinot Noir

Nutritional Info	Per 100g	Per Portion
Energy	773kJ	4156kJ
Energy	185kcal	994kcal
Protein	6.7g	36g
Carbs	17g	91g
of which sugars	2.9g	15.3g
Fibre	0.7g	3.8g
Fat	10.1g	54.5g
of which saturated	5.8g	31.1g
Sodium	112mg	601mg

Allergens: Sulphites, Cow's Milk, Allium

Spice Level: Hot

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
100ml	200ml	Jasmine Rice <i>rinse</i>
100ml	200ml	Coconut Cream
50g	100g	Tinned Pineapple Pieces <i>drain</i>
160g	320g	Free-range De-boned Lamb Leg
2.5ml	5ml	Old Stone Mill Jerk Seasoning
2.5ml	5ml	Dried Thyme
100g	200g	Cucumber <i>rinse & roughly dice</i>
1	1	Fresh Chilli <i>rinse, trim, deseed & finely slice</i>
20g	40g	Pickled Onions <i>drain & roughly dice</i>
10ml	20ml	Lime Juice
2.5ml	5ml	Dried Chilli Flakes

From Your Kitchen

Oil (cooking, olive OR coconut)

Seasoning (Salt & Pepper)

Water

Paper Towel

Butter

1. **COCONUT RICE** Place the rice in a pot with 100ml [200ml] of salted water and ½ the coconut cream. 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 and steam, 8-10 minutes. Fluff with a fork, mix in the remaining coconut cream, and cover.

2. **CHARRED PINEAPPLE** Place a pan over medium heat with a drizzle of oil and a knob of butter. When hot, fry the pineapple until charred, 3-4 minutes (shifting occasionally). Remove from the pan.

3. **LAMB** Return the pan to medium-high heat with a drizzle of oil. Pat the lamb dry with paper towel and coat with the Jerk seasoning. When hot, sear the lamb until browned, 2-3 minutes per side. In the final 1-2 minutes, baste with a knob of butter and the thyme. Remove from the pan with all the pan juices and rest for 5 minutes.

4. **SALSA** In a bowl, combine the pineapple, cucumber, fresh chilli (to taste), pickled onions, lime juice, and seasoning.

5. **DINNER IS READY** Make a bed of the coconut rice in a bowl, top with lamb, and drizzle over some pan juices (to taste). Scatter over the pineapple salsa and garnish with a sprinkle of the chilli flakes. Cheers, Chef!