



UCCOOK

Spanish Chipotle Lamb Bowl

with jasmine rice, jalapeños & sour cream

Spanish spices. Savoury smokiness. And a zesty sour cream drizzle to cool off your palate! Chipotle chillies infuse warmth into a rich tomato passata sauce, which is soaked up by browned lamb, silky onion & bell pepper. Served on a bed of steaming jasmine rice and garnished with pickled jalapeños.

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Kate Gomba

Adventurous Foodie

Creation Wines | Creation Pinot Noir

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Ingredients & Prep

160g	Free-range Lamb Chunks
1	Onion <i>peel & roughly dice</i>
10ml	NOMU Spanish Rub
10g	Chipotle Chillies In Adobo <i>roughly chop</i>
50ml	Tomato Passata
1	Bell Pepper <i>rinse, deseed & dice ½</i>
100ml	Jasmine Rice <i>rinse</i>
40ml	Sour Cream
10ml	Lime Juice
3g	Fresh Chives <i>rinse & finely chop</i>
10g	Sliced Pickled Jalapeños <i>drain & roughly chop</i>

From Your Kitchen

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

1. LIPSMACKING LAMB Place a pot over a medium-high heat with a drizzle of oil. Pat the lamb dry with paper towel. When hot, fry the lamb until browned, 2-3 minutes (shifting occasionally).

2. CHILLI SAUCE Add the diced onion to the pot and fry until soft, 4-5 minutes. Mix in the NOMU rub and the chipotle chillies (to taste). Fry until fragrant, 30-60 seconds. Add the tomato passata and 200ml of water. Simmer until cooked through and thickening, 20-25 minutes. In the final 2-3 minutes, mix in the diced peppers, and seasoning. Remove from the heat and add a sweetener (to taste).

3. FLUFFY RICE While the lamb is on the go, place the rinsed rice in a pot with 200ml 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 and set aside to steam, 8-10 minutes. Fluff with a fork and cover.

4. ZESTY SOUR CREAM In a small bowl, combine the sour cream, the lime juice, the chives, and season.

5. TIME TO EAT Bowl up the fluffy rice, spoon over the flavourful lamb, and drizzle over the sour cream. Garnish with the chopped jalapeños (to taste).

Nutritional Information

Per 100g

Energy	520kj
Energy	124kcal
Protein	5g
Carbs	14g
of which sugars	2.5g
Fibre	1.4g
Fat	5.5g
of which saturated	2.2g
Sodium	122mg

Allergens

Cow's Milk, Allium, Sulphites

Eat
Within
3 Days