



UCOOK

Temptations Durban Lamb Bunny Chow

**with thick lamb and potato curry, a fluffy
bread loaf & leafy greens**


Easy, flavourful, and all in one pot! Durban is famous for the bunny chow, and it takes us back to our childhoods: sumptuous lamb steeped in a fragrant curry, soaking into soft bread. Creating this recipe was more of a science than an art. The art is in the eating – prepare to use your fingers!

Hands-On Time: 30 minutes

Overall Time: 55 minutes

Serves: 2 People

Chef: Prim Reddy & Niranj Pather

 Easy Peasy

 Steenberg Vineyards | Merlot

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Ingredients & Prep

320g	Deboned Lamb Shoulder
1	Onion <i>peeled & finely diced</i>
2,5ml	Whole Spice Mix <i>(2 Cinnamon Sticks & 2,5ml Cumin Seeds)</i>
5g	Fresh Curry Leaves
2	Garlic Cloves <i>peeled & grated</i>
20g	Fresh Ginger <i>peeled & grated</i>
60ml	Medium Curry Powder
400g	Potato <i>peeled & diced into bite-sized pieces</i>
80g	Green Leaves <i>rinsed</i>
1	White Bread Loaf
5g	Fresh Coriander <i>rinsed & roughly chopped</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel
Sugar/Sweetener/Honey

1. LET'S GET GOING! Boil the kettle. Place a pot that has a lid over a medium heat with a drizzle of oil. Pat the lamb dry with paper towel. When the pot is hot, fry for 2-3 minutes until browned but not cooked through, shifting as it colours. Stir through the diced onion, whole spice mix, and curry leaves. Fry for 3-4 minutes until the onion is soft and translucent.

2. KEEP CALM & CURRY ON Stir through the grated garlic, grated ginger, and curry powder. Fry for 1-2 minutes until fragrant, shifting constantly. Reduce the heat to low and cover with the lid – the steam will create liquid for the gravy. Allow to simmer for 10-12 minutes, stirring occasionally to prevent sticking. If it starts to dry out, mix in a splash of boiling water.

3. SOFT, SAUCY POTATOES Once the curry has finished simmering, remove and discard the cinnamon sticks. Stir through the diced potatoes and 160ml of boiling water. Continue to simmer (uncovered) for 15-20 minutes until the potatoes are soft and the sauce has thickened.

4. PREP THE LAST BITS Toss the rinsed green leaves with 2 tsp of olive oil, and some seasoning. Set aside for serving. Time to hollow out your bunnies! Using a bread knife, halve the bread loaf, making sure each one isn't longer than about 9cm. Use the knife to remove the soft inside of each half – the sides and base should still be 1-2cm thick. Set aside the insides and outsides for serving. When the curry has thickened, remove from the heat. Season to taste with salt, pepper, and a sweetener of choice.

5. TIME TO CHOW DOWN! Place the hollowed out loaves on plates. Ladle in the curry until it overflows and garnish with the chopped coriander. Serve the soft chunks of bread on the side ready to dunk in the sauce, or use them to soak up any curry left in the pot. Plate the dressed leaves on the side, wash those hands, and get ready to dig in!

Nutritional Information

Per 100g

Energy	586kj
Energy	140Kcal
Protein	7.4g
Carbs	14g
of which sugars	1.4g
Fibre	4.4g
Fat	6.7g
of which saturated	2.5g
Sodium	54mg

Allergens

Gluten, Allium, Wheat

Cook
within
4 Days