



UCOOK

Laborie's Luscious Lamb Stew

with herby jasmine rice & red wine

Here's a preview of the rich, decadent stew you are about to happily chew on: A bed of steamed jasmine rice, dotted with herbs, is generously covered in a helping of homey lamb stew. Between the decadent red wine & tomato passata sauce and the familiar combination of veggies, dinner will not disappoint, Chef!

Hands-on Time: 45 minutes

Overall Time: 55 minutes

Serves: 3 People

Chef: Laborie Winery

Adventurous Foodie

Laborie Estate | Laborie Merlot / Cabernet Sauvignon 2021

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Ingredients & Prep

300ml	Jasmine Rice <i>rinse</i>
45g	Walnuts <i>roughly chop</i>
480g	Free-range Lamb Chunks
360g	Carrot <i>rinse, trim, peel & cut into bite-sized pieces</i>
2	Onions <i>peel & roughly dice 1½</i>
30ml	NOMU Lamb Rub
30ml	Tomato Paste
90ml	Red Wine
300ml	Tomato Passata
150g	Peas
16g	Mixed Herbs <i>(8g Fresh Parsley & 8g Fresh Coriander)</i>
150ml	Low Fat Plain Yoghurt

From Your Kitchen

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

1. STEAMY RICE Place the rinsed rice in a pot with 600ml 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.

2. CHOP-CHOP Place the chopped walnuts in a pot over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pot and set aside.

3. LUSH LAMB Return the pot to medium-high heat with a drizzle of oil. Pat the lamb dry with paper towel. When hot, fry the lamb until browned, 4-5 minutes (shifting occasionally). Add the carrot pieces and the diced onion to the pot. Fry until golden, 5-6 minutes (shifting occasionally).

4. SIMMERING STEW When the onion is golden, add the NOMU rub and the tomato paste. Fry until fragrant, 1-2 minutes. Add the wine and simmer until almost all evaporated, 1-2 minutes. Add the tomato passata and 600ml of water. Lower the heat and simmer until slightly reduced and thickened, 20-25 minutes. In the final 1-2 minutes, add the peas, a sweetener (to taste), and seasoning.

5. HERB IT UP Rinse, pick and roughly chop the mixed herbs. When the rice is done, toss through ½ of the chopped herbs.

6. SENSATIONAL STEW Plate up the steaming herbed rice and top with the rich lamb stew. Dollop over the yoghurt. Garnish with the remaining chopped herbs and the toasted nuts.

Nutritional Information

Per 100g

Energy	631kJ
Energy	151kcal
Protein	6.2g
Carbs	16g
of which sugars	2.8g
Fibre	1.9g
Fat	6.3g
of which saturated	2.1g
Sodium	120mg

Allergens

Allium, Sulphites, Tree Nuts, Alcohol, Cow's Milk

Eat
Within
4 Days