



UCOOK

Lamb & Curried Mayo

with flaked almonds, lemon juice & green beans

Tender lamb is coated in a flavourful curried mayo of chutney, curry powder, lemon juice, and yoghurt. It is served with beautiful fresh leaves, green beans and flaked almonds, and is sprinkled with fresh parsley for a fragrant finish!

Hands-On Time: 20 minutes

Overall Time: 35 minutes

Serves: 3 People

Chef: Megan Bure

 Carb Conscious

 Boschendal | 1685 Shiraz

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Ingredients & Prep

30g	Flaked Almonds
300g	Green Beans <i>rinsed, trimmed & halved</i>
450g	Free-range Lamb Goulash <i>cut into bite-sized chunks</i>
1	Onion <i>¾ peeled & finely sliced</i>
15ml	Medium Curry Powder
75ml	Mrs. Ball's Chutney
120ml	Creamy Yoghurt <i>(45ml That Mayo (Original) & 75ml Low Fat Plain Yoghurt)</i>
45ml	Lemon Juice
60g	Salad Leaves <i>rinsed</i>
12g	Fresh Parsley <i>rinsed & picked</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water

1. TOASTED FLAKES Place the flaked almonds in a pan over a medium heat. Toast for 3-5 minutes until golden brown, shifting occasionally. Remove from the pan on completion and set aside to cool.

2. KEEN BEANS Return the pan to a medium-high heat with a splash of water and a drizzle of oil. When starting to bubble, fry the halved green beans for 6-7 minutes until cooked al dente. Toss with a drizzle of oil, season (to taste) and remove from the pan on completion.

3. LAMB, OH, LAMB Return the pan, wiped down if necessary, to a medium-high heat with a drizzle of oil. When hot, fry the lamb chunks for 4-5 minutes per side until browned. Remove from the pan on completion and place in a bowl.

4. MIX IT UP Return the pan, wiped clean, to a medium heat with a drizzle of oil. Once hot, add the sliced onions and fry for 7-8 minutes until soft and translucent, shifting occasionally. In the final 1-2 minutes, add the curry powder (to taste) and fry until fragrant, shifting constantly. Remove from the pan and place in the bowl with the lamb along with the chutney, the creamy yoghurt, seasoning, and the lemon juice (to taste). Mix until fully combined.

5. DRESSED SO FRESH In a salad bowl, add the rinsed salad leaves, a drizzle of oil, some seasoning, the cooked green beans, and ½ of the toasted almonds.

6. LAMB, THAT LOOKS GOOD! Plate up the tasty curried lamb and side with the fresh green bean and almond salad. Sprinkle over the remaining almonds and garnish with the parsley. What a dish, Chef!

Nutritional Information

Per 100g

Energy	541kJ
Energy	129Kcal
Protein	8.3g
Carbs	10g
of which sugars	5.4g
Fibre	2.1g
Fat	6.2g
of which saturated	2g
Sodium	78mg

Allergens

Egg, Gluten, Dairy, Allium, Wheat, Sulphites, Tree Nuts

Cook
within
4 Days