



WCOOK

Waterkloof's Massaman & Lamb Pita

with fresh sambal & yoghurt

Hands-on Time: 30 minutes

Overall Time: 40 minutes

Adventurous Foodie: Serves 3 & 4

Chef: Waterkloof Wine Farm

Wine Pairing: Waterkloof | Beeskamp Cabernet Sauvignon

Nutritional Info	Per 100g	Per Portion
Energy	540kj	3605kj
Energy	129kcal	863kcal
Protein	6.3g	42.4g
Carbs	12g	81g
of which sugars	2.3g	15.1g
Fibre	1.3g	8.6g
Fat	5.6g	37.2g
of which saturated	2.1g	13.9g
Sodium	139mg	925mg

Allergens: Sulphites, Shellfish, Gluten, Wheat, Cow's Milk, Allium

Spice Level: Mild

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
480g	640g	Free-range De-boned Lamb Shoulder Chunks
2	2	Onions <i>peel & finely slice 1½ [2]</i>
2	2	Garlic Cloves <i>peel & grate</i>
60ml	80ml	Tomato Paste
45ml	60ml	Spice & All Things Nice Massaman Curry Paste
3	4	Pita Breads
30ml	40ml	Lemon Juice
2	2	Tomatoes <i>rinse & roughly dice 1½ [2]</i>
8g	10g	Fresh Parsley <i>rinse, pick & roughly chop</i>
150g	200g	Cucumber <i>rinse & roughly dice</i>
2	2	Fresh Chillies <i>rinse, trim, deseed & finely slice</i>
90ml	125ml	Low Fat Plain Yoghurt

From Your Kitchen

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

- 1. BROWN LAMB** Place a pot over high heat with a drizzle of oil. Pat the lamb dry with paper towel, cut into small pieces, and season. When hot, sear the lamb until browned and cooked through, 2-3 minutes per side.
- 2. MASSAMAN LAMB** Add the onions to the lamb and fry until soft and lightly golden, 6-7 minutes. Add the garlic, tomato paste, curry paste, and fry until fragrant, 1-2 minutes. Mix in 300ml [400ml] of water and simmer until thickening, 8-12 minutes. Remove from the heat, add a sweetener, and season.
- 3. TOASTED PITA** Place a clean pan over medium heat. When hot, toast the pitas until heated through, 30-60 seconds per side. Alternatively, place them on a plate and heat up in the microwave, 30-60 seconds. Cut in half to make the pockets.
- 4. SAMBAL** In a bowl, combine the lemon juice with a drizzle of olive oil and mix to emulsify. Add the tomato, parsley, cucumber, chilli (to taste), and season.
- 5. DINNER IS READY** Fill up the lamb pockets, top with some sambal, and finish with dollops of the yoghurt. Serve any remaining sambal on the side and dig in, Chef!