



UCOOK

Lamb Leg Chops with Indian-style Rice

with golden sultanas & a fresh salsa

Tender & juicy lamb chops are cooked to perfection and served with fluffy rice dotted with golden sultanas for a touch of sweetness. Sided with a fresh & spicy salsa for added zing and garnished with vibrant coriander. It's a dish that looks as good as it tastes!


Hands-on Time: 45 minutes

Overall Time: 50 minutes

Serves: 3 People

Chef: Jemell Willemborg

 Fan Faves

 Harry Hartman | Somesay Shiraz

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Ingredients & Prep

2	Onions <i>1½ peeled & finely diced</i>
45ml	NOMU Indian Rub
300ml	White Basmati Rice <i>rinsed</i>
45g	Golden Sultanas <i>roughly chopped</i>
12g	Fresh Coriander
150g	Cucumber
2	Tomatoes
2	Fresh Chillies
30ml	Lemon Juice
525g	Free-range Lamb Leg Chops

From Your Kitchen

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

1. FLUFFY-SPICED RICE Place a pot over medium heat with a drizzle of oil and a knob of butter. When hot, fry the diced onion until soft, 5-6 minutes (shifting occasionally). Add the NOMU rub and the rinsed rice. Fry until fragrant, 3-4 minutes. Add 600ml of salted water. Cover with the lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 8-10 minutes. Remove from the heat and steam, 8-10 minutes. Fluff with a fork, toss through the chopped sultanas, and cover.

2. MEANWHILE Rinse, pick, and roughly chop the coriander. Finely dice the cucumber and 1½ of the tomatoes. De-seed and finely slice the chillies.

3. DO THE SALSA In a bowl, combine the diced cucumber, the diced tomato, ½ the chopped coriander, the sliced chillies (to taste), the lemon juice (to taste), seasoning, and a drizzle of olive oil.

4. SIZZLING CHOPS Place a pan over medium-high heat with a drizzle of oil. Pat the lamb chop dry with paper towel and season. When hot, sear the chop, fat-side down, until cooked to your preference, 3-4 minutes per side. During the final 1-2 minutes, baste with a knob of butter. Remove from the pan and rest for 5 minutes.

5. INDIAN FLAIR DINNER Plate up the fluffy rice. Side with the lamb chops and the zingy salsa. Garnish with the remaining coriander. Great work, Chef!

Nutritional Information

Per 100g

Energy	792kJ
Energy	189kcal
Protein	7.4g
Carbs	18g
of which sugars	3.6g
Fibre	1.3g
Fat	9.5g
of which saturated	3.9g
Sodium	141mg

Allergens

Dairy, Allium, Sulphites

Cook
within
4 Days