



UCOOK

Cinnamon Rooibos-spiced Rice & Lamb

with a fresh pomegranate & sultana salsa

Delicious lamb chunks are basted in cinnamon & sumac. Served with a fresh pomegranate & golden sultana salsa for some sweetness, and a cucumber & mint yoghurt for freshness. All of this sits on a bed of cinnamon & rooibos rice - a Lebanese and South African fusion feast!

Hands-on Time: 25 minutes

Overall Time: 45 minutes

Serves: 3 People

Chef: Ella Nasser

 Adventurous Foodie

 Strandveld | First Sighting Shiraz

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Ingredients & Prep

| | |
|-------|--|
| 225ml | Brown Basmati Rice |
| 15g | Rooibos Powder |
| 30ml | Ground Cinnamon |
| 30g | Almonds |
| 300g | Cucumber <i>diced</i> |
| 1 | Low fat Yoghurt Plain |
| 12g | Fresh Mint <i>rinsed, picked & roughly sliced</i> |
| 7,5ml | Sumac Spice |
| 60g | Fresh Pomegranate Gems |
| 45g | Golden Sultanas |
| 450g | Free-range Lamb Chunks |
| 150ml | Hummus |

From Your Kitchen

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

1. CINNAMON RICE & EVERYTHING NICE Rinse the rice and place in a pot over a medium-high heat with the rooibos powder and ½ the cinnamon. Submerge in 700ml of salted water and pop on a lid. Once boiling, reduce the heat and simmer for 25-30 minutes until most of the water has been absorbed. Keeping the lid on, remove from the heat and steam for a further 10 minutes. On completion, drain if necessary and fluff up with a fork.

2. ALL THE ALMONDS Place the almonds in a pan over a medium heat. Toast for 3-5 minutes until golden brown, shifting occasionally. Remove from the pan.

3. MINTY YOGHURT & SALSA In a bowl, add the diced cucumber, the yoghurt, ½ the sliced mint and ½ the sumac. Toss until fully combined. In a separate bowl, combine the pomegranate gems, the sultanas, the remaining mint and some seasoning.

4. TOASTIN' & ROASTIN' Return the pan to a medium-high heat with a drizzle of oil. Pat the lamb dry with paper towel. When hot, add the lamb chunks and fry for 4-5 minutes until browned, shifting as it colours. In the final minute, baste with the remaining cinnamon & sumac and a knob of butter. Season to taste.

5. LEBANESE FUSION FEASTING! Make a bed of the cinnamon & rooibos rice and top with the lamb chunks. Sprinkle over the toasted almonds. Serve with the minty cucumber yoghurt, the hummus, and the pomegranate & sultana salsa. Enjoy, Chef!

Nutritional Information

Per 100g

| | |
|--------------------|---------|
| Energy | 787kJ |
| Energy | 188kcal |
| Protein | 8.5g |
| Carbs | 19g |
| of which sugars | 3.4g |
| Fibre | 3.6g |
| Fat | 9.2g |
| of which saturated | 3.1g |
| Sodium | 93mg |

Allergens

Dairy, Allium, Sesame, Sulphites, Tree Nuts

Cook
within 3
Days