



# UCCOOK

## 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!

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**Hands-on Time:** 25 minutes

**Overall Time:** 30 minutes

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**Serves:** 1 Person


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**Chef:** Jemell Willemborg

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 Fan Faves

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 Harry Hartman | Somesay Shiraz

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## Ingredients & Prep

1	Onion <i>½ peeled &amp; finely diced</i>
15ml	NOMU Indian Rub
100ml	White Basmati Rice <i>rinsed</i>
15g	Golden Sultanas <i>roughly chopped</i>
4g	Fresh Coriander
50g	Cucumber
1	Tomato
1	Fresh Chilli
10ml	Lemon Juice
175g	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, 4-5 minutes (shifting occasionally). Add the NOMU rub and the rinsed rice. Fry until fragrant, 2-3 minutes. Add 200ml 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 ½ the tomato. De-seed and finely slice the chilli.

**3. DO THE SALSA** In a bowl, combine the diced cucumber, the diced tomato, ½ the chopped coriander, the sliced chilli (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 chop 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