



UCCOOK

Lamb Chilli Con Carne

with roasted butternut

Hands-on Time: 45 minutes

Overall Time: 65 minutes

Carb Conscious: Serves 3 & 4

Chef: Kate Gomba

Wine Pairing: Waterkloof | Beeskamp Cabernet Sauvignon

Nutritional Info

	Per 100g	Per Portion
Energy	455kj	3618kj
Energy	109kcal	866kcal
Protein	5.2g	41.3g
Carbs	9g	71g
of which sugars	3.3g	26.5g
Fibre	1.9g	15.4g
Fat	5.2g	41.7g
of which saturated	2.1g	16.6g
Sodium	167mg	1333mg

Allergens: Cow's Milk, Allium, Sulphites

Spice Level: Hot

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
750g	1kg	Butternut <i>rinse, deseed, peel (optional) & cut into bite-sized pieces</i>
480g	640g	Free-range De-boned Lamb Shoulder Chunks
2	2	Onions <i>peel & roughly dice 1½ [2]</i>
45ml	60ml	NOMU Cajun Rub
3	4	Fresh Chillies <i>rinse, trim, deseed & finely slice</i>
300g	400g	Cooked Chopped Tomato
15ml	20ml	Beef Stock
180g	240g	Kidney Beans <i>drain & rinse</i>
60ml	80ml	BBQ Sauce
90ml	125ml	Sour Cream
8g	10g	Fresh Parsley <i>rinse, pick & roughly chop</i>

From Your Kitchen

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

1. ROAST Boil the kettle. Preheat the oven to 200°C. Spread the pumpkin pieces on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 35-40 minutes (shifting halfway).

2. BROWN OSTRICH Place a pot over high heat with a drizzle of oil and a knob of butter. Pat the ostrich dry with paper towel. When hot, sear the ostrich until browned, 2-3 minutes (shifting occasionally). Remove from the pot.

3. SAUCE Dilute the stock with 400ml of boiling water. Return the pot to medium heat with a drizzle of oil, if necessary. When hot, fry the diced onion until soft and lightly golden, 5-6 minutes (shifting occasionally). Add the NOMU rub and the sliced chilli (to taste), and fry until fragrant, 1-2 minutes. Mix in the cooked chopped tomato and the diluted stock. Simmer until reduced and thickened, 12-15 minutes. In the final 2-3 minutes, mix in the drained beans, the BBQ sauce, and the browned ostrich. Remove from the heat, add a sweetener (to taste), and season.

4. DINNER IS READY Pile up the chilli con carne. Dollop over the sour cream. Sprinkle over the chopped parsley and any remaining chilli (to taste). Side with the roasted pumpkin pieces. Well done, Chef!