

UCOOK

Lemongrass Lamb Skewers

with millet & a fresh salad

Let's take you on a journey to Flavour Town with our lemongrass, coconut milk, and ginger-marinated lamb & red onion skewers. Fresh, vibrant flavour permeates throughout this dish. It is served with perfectly cooked millet and a zingy simple salad!

Hands-On Time: 20 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Kate Gomba

 Fan Faves

 Boschendal | Stellenbosch Cabernet Sauvignon

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Ingredients & Prep

75ml	Millet
1 stick	Lemongrass
10g	Fresh Ginger <i>peeled & grated</i>
15ml	Rice Wine Vinegar
50ml	Coconut Milk
1	Fresh Chilli <i>deseeded & finely sliced</i>
160g	Free-range Deboned Lamb Leg <i>pat dry & cut into 2cm chunks</i>
2	Skewers
7,5ml	Lime Juice
1	Red Onion <i>peeled, ¼ finely diced & ¼ cut into wedges</i>
4g	Fresh Coriander <i>rinsed & roughly chopped</i>
20g	Salad Leaves <i>rinsed</i>

From Your Kitchen

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

1. BE THERE IN A MILLET! Place a pot over a medium heat. When hot, toast the millet for 1-3 minutes, shifting occasionally. Pour in 150ml of salted water and cover with a lid. Once boiling, reduce the heat and gently simmer for 10-12 minutes until the water has been absorbed and the millet is cooked. If it starts to dry out, add more water in small increments to continue cooking. On completion, drain if necessary and return to the pot. Fluff up with a fork and toss through a drizzle of oil. Replace the lid and set aside to keep warm until serving.

2. MARINATION STATION Cut the root end off the lemongrass and peel off the outer tougher leaves. Cut the softer inner stalk in half lengthways, finely dice, and place in a bowl. Add the grated ginger, rice wine vinegar, coconut milk, ½ the sliced chilli (to taste), and some seasoning. Mix until fully combined. Add the lamb chunks and set aside to marinate for at least 10-15 minutes.

3. SOAK THE SKEWERS Place the skewers in a shallow dish, cover with water, and allow to soak for 10 minutes — this prevents them from burning when over the heat.

4. TOSS TOGETHER In a bowl, add the lime juice, the diced onion, ½ of the chopped coriander, 10ml of olive oil and some seasoning. Mix until fully combined. Just before serving, place the rinsed salad leaves in a bowl and add ½ the onion and coriander salsa. Toss until fully combined.

5. SKEWER IT Separate the layers of the onion wedges into petals. Thread 1-2 lamb chunks, and 1-2 onion petals onto a skewer, making sure they are secure. Repeat in the same order, filling up each stick until all the skewers are full. Reserve the lamb marinade in the bowl. Place a pan over a high heat with a drizzle of oil. When hot, fry the lamb skewers for 1-2 minutes per side until the lamb and onions are starting to char. Remove from the pan on completion. Keeping the pan on the heat, add the reserved marinade and simmer for 1-2 minutes until slightly reduced.

6. TIME TO DEVOUR! Pile up the tender golden millet. Serve with the succulent lamb skewers, drizzle over the reduced marinade, and top with the remaining onion and coriander salsa. Side with the salad and garnish with the remaining coriander and chilli (to taste). Look at you go, Chef!

Nutritional Information

Per 100g

Energy	778kJ
Energy	186Kcal
Protein	8.3g
Carbs	15g
of which sugars	1.5g
Fibre	1.8g
Fat	10.3g
of which saturated	5g
Sodium	28mg

Allergens

Allium, Sulphites

Cook
within
4 Days