



UCOOK

Savanna's Bacon-onion Chutney & Lamb

with Savanna Neat & a tossed green bean salad

Summer is here and you know what that means, Chef? It's time to grab yourself an ice-cold Savivi and show everyone who's the boss of the kitchen with this homemade bacon & onion chutney lamb dish, featuring YOU as the culinary influencer and setter of all taste trends. O, and served with a green bean, feta & almond salad.

Hands-on Time: 30 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Savanna

Adventurous Foodie

Savanna | Neat

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Ingredients & Prep

10g	Almonds <i>roughly chop</i>
2 strips	Streaky Pork Bacon
1	Onion <i>peel & finely slice ½</i>
20ml	Savannas Neat
160g	Free-range De-boned Lamb Leg
80g	Green Beans <i>rinse</i>
5ml	Balsamic Vinegar
20g	Green Leaves <i>rinse</i>
30g	Danish-style Feta <i>drain</i>

From Your Kitchen

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

1. A IS FOR ALMONDS Preheat the oven to 220°C. Place the chopped almonds in a pan (with a lid) over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

2. BACON MAKES EVERYTHING BETTER Return the pan to medium heat. When hot, fry the bacon strips until browned and crispy, 1-2 minutes per side. Remove from the pan and drain on paper towel, keeping the pan of oil on the heat. Add a knob of butter (optional) and fry the sliced onion until golden, 7-8 minutes (shifting occasionally).

3. MAKE THE CHUTNEY When the onion is soft and caramelised, reduce the heat to low. Roughly chop the bacon and add to the pan. Stir in 15ml of sweetener, the Savanna and 30ml of water. Cook until sticky and reduced by a ¼, 3-4 minutes (stirring regularly). Remove from the heat, cover and set aside.

4. LIPSMACKING LAMB Place a clean pan over medium-high heat with a drizzle of oil. Pat the lamb dry with paper towel and season. When hot, sear the lamb until browned, 3-5 minutes (shifting as it colours). Remove from the pan and place on a roasting tray to finish cooking in the oven, 2-3 minutes. Rest for 5 minutes before slicing. Lightly season the slices.

5. FETA & GREEN BEAN SALAD Return the pan to medium-high heat with a drizzle of oil. When hot, fry the rinsed green beans until starting to char, 4-5 minutes (shifting occasionally). Remove from the pan, place into a bowl and season. Toss with ½ the toasted almonds, the rinsed leaves, the vinegar, and the drained feta. Set aside. Reheat the chutney before serving.

6. SENSATIONAL SUPPER Serve up the sliced lamb and dollop over the bacon & onion chutney. Side with the almond & feta green beans. Scatter it all with the remaining nuts.

Nutritional Information

Per 100g

Energy	666kJ
Energy	159kcal
Protein	8.7g
Carbs	5g
of which sugars	2.8g
Fibre	1.4g
Fat	11.4g
of which saturated	4.8g
Sodium	137mg

Allergens

Allium, Sulphites, Tree Nuts, Alcohol,
Cow's Milk

Eat
Within
4 Days