



# UCOOK

## Sweet-sesame Lamb Chops & Rice Salad

with peppers & cucumber

Pairing new flavours with well known ingredients makes cooking such an exciting exploration. Today we are elevating lamb with Asian flavours by coating it in a sweet-sesame sauce before browning in butter. Sided with a white basmati rice salad, loaded with piquante peppers, cucumber, & creamy mayo.

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**Hands-on Time:** 20 minutes

**Overall Time:** 20 minutes

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**Serves:** 1 Person

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**Chef:** Kate Gomba

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Quick & Easy

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KWV - The Mentors | KWV The Mentors  
Cabernet Franc 2020

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## Ingredients & Prep

75ml	White Basmati Rice <i>rinse</i>
175g	Free-range Lamb Leg Chops
25ml	Sweet Sesame <i>(20ml Sweet Indo Soy Sauce &amp; 5ml Sesame Oil)</i>
15g	Piquanté Peppers <i>drain</i>
50g	Cucumber <i>rinse &amp; roughly dice</i>
50ml	Mayo
3g	Fresh Coriander <i>rinse, pick &amp; roughly chop</i>

## From Your Kitchen

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

**1. RICE** Place the rinsed rice in a pot with 150ml of salted water. Cover with a 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 set aside to steam, 8-10 minutes. Fluff with a fork and cover.

**2. LAMB CHOPS** While the rice is cooking, place a pan over medium-high heat with a drizzle of oil. Pat the lamb dry with paper towel. When hot, sear the lamb until browned, 3-4 minutes per side. In the final 1-2 minutes, baste with a knob of butter and the sweet sesame, and deglaze with a splash of water. Remove from the pan (reserving the pan juices), season, and rest for 5 minutes.

**3. JUST BEFORE SERVING** In a salad bowl, combine the cooked rice, the drained peppers, the diced cucumber, the mayo, and seasoning.

**4. TIME TO EAT** Make a bed of the rice salad. Top with the lamb chop and all the pan juices. Garnish with the chopped coriander.

## Nutritional Information

Per 100g

Energy	1232kj
Energy	295kcal
Protein	8.6g
Carbs	21g
of which sugars	6.2g
Fibre	0.6g
Fat	19.7g
of which saturated	5.7g
Sodium	228mg

## Allergens

Gluten, Sesame, Wheat, Sulphites, Soy, Cow's Milk

Eat  
Within  
4 Days