



UCOOK

Strandveld's Lamb & Pomegranate Rice

with a yoghurt drizzle, fresh parsley & toasted almonds

Succulent seared lamb is adorned with golden toasted almonds, and rests atop fragrant rice infused with butter, stock & aromatics. Drizzled with a tangy yoghurt sauce, and garnished with fresh parsley & pomegranate gems. It's a culinary masterpiece, Chef!

Hands-on Time: 35 minutes

Overall Time: 50 minutes

Serves: 4 People

Chef: Strandveld Winery

 Adventurous Foodie

 Strandveld | Grenache

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Ingredients & Prep

40ml	Chicken Stock
2	Onions <i>peeled & diced</i>
8	Garlic Cloves <i>peeled & grated</i>
40ml	Spice Mix <i>(10ml Ground Cumin, 20ml Ground Cinnamon & 10ml Allspice)</i>
400ml	White Basmati Rice <i>rinsed</i>
1	Lemon <i>rinsed & cut into wedges</i>
640g	Free-range Lamb Chunks
40g	Almonds <i>roughly chopped</i>
200ml	Greek Yoghurt
10g	Fresh Parsley <i>rinsed & picked</i>
40g	Pomegranate Gems

From Your Kitchen

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

1. NEXT LEVEL RICE Boil the kettle. Dilute the stock with 600ml of boiling water. Place a pot (with a lid) over medium heat with a drizzle of oil and a knob of butter. When hot, fry the diced onion until golden, 6-7 minutes (shifting occasionally). Add the grated garlic and the spice mix, and fry until fragrant, 1-2 minutes. Add the rice, the diluted stock, and seasoning. 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. Stir through a knob of butter and a generous squeeze of lemon juice. Allow to steam, 8-10 minutes.

2. SEAR THE LAMB While the rice is steaming, place a pan over medium-high heat with a drizzle of oil. Pat the lamb dry with paper towel and cut into bite-sized pieces. When hot, sear the lamb until browned, 3-4 minutes (shifting occasionally). Remove from the pan. Season and set aside.

3. TOAST THE ALMONDS Place the chopped almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

4. ZESTY YOGHURT DRIZZLE In a small bowl, loosen the yoghurt with warm water in 5ml increments until drizzling consistency. Add a squeeze of lemon juice.

5. LOOKING GOOD! Bowl up the rice and top with the lamb. Drizzle over the loosened yoghurt. Garnish with the toasted almonds, the picked parsley, and the pomegranate gems. Stunning, Chef!

Nutritional Information

Per 100g

Energy	724kJ
Energy	173kcal
Protein	8.1g
Carbs	19g
of which sugars	1.7g
Fibre	2.1g
Fat	7.6g
of which saturated	2.8g
Sodium	203mg

Allergens

Dairy, Allium, Sulphites, Tree Nuts

Cook
within
4 Days