Eat Within 4 Days

UCOOK

Sweet 'n Spicy Lamb Goulash

with poppadoms & curried cabbage wedges

Hands-on Time: 30 minutes

Overall Time: 35 minutes

Carb Conscious: Serves 1 & 2

Chef: Tiisetso Maema

Wine Pairing: Creation Wines | Creation Pinot Noir

Nutritional Info	Per 100g	Per Portion
Energy	542kJ	2727kJ
Energy	130kcal	653kcal
Protein	7.5g	37.5g
Carbs	9g	47g
of which sugars	5g	25.4g
Fibre	1.8g	8.8g
Fat	6.9g	34.5g
of which saturated	2.6g	12.9g
Sodium	163mg	818mg

Allergens: Sulphites, Gluten, Wheat, Cow's Milk, Allium

Spice Level: Mild

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
2.5ml	5ml	Medium Curry Powder
100g	200g	Cabbage *rinse & cut into wedges*
150g	300g	Free-range Lamb Chunks
1	1	Onion *peel & finely slice ½ [1]*
15ml	30ml	Lamb Rub *(5ml [10ml] Cayenne Pepper, 5ml [10ml] Ground Cumin & 5ml [10ml] Ground Coriander)*
20ml	40ml	Mrs Balls Chutney
2	4	Poppadoms
50ml	100ml	Raita

From Your Kitchen

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

1. CURRIED CABBAGE In a bowl, combine the curry powder with a knob of butter and seasoning. Mix until everything is well combined. Place a pan (with a lid) on medium heat with a drizzle of oil. When hot, fry the cabbage wedges until charred, 2-3 minutes per side. Add in a splash of water and place the lid on the pan. Allow the cabbage to steam until soft, 2-3 minutes. Remove the lid and add the curry butter; baste the cabbage with the butter while on the heat for a further 1-2 minutes. Remove from the heat, season, and set aside covered to keep warm.

2. LIPSMACKING LAMB Place a pan over high heat with a drizzle of oil. Pat the lamb dry with paper towel and season. When hot, sear the lamb until browned and cooked through, 2-3 minutes per side. Remove from the pan and rest for 5 minutes. Return the pan to medium heat with a drizzle of oil. When hot, add in the onions and cook for 2-3 minutes until softened. Add in the lamb rub and cook until the spices are fragrant for 1-2 minutes. Then add in the chutney and 30ml [60ml] of water. Simmer the sauce for 1-2 minutes, remove from the heat, and add the lamb back into the pan. Season and set aside.

3. CRUNCH FACTOR Heat the poppadoms in the microwave until crispy, 1-2 minutes.

4. PERFECT PLATE Plate up the curried cabbage with the sweet 'n spicy lamb. Place the poppadoms and raita alongside the lamb and cabbage. Dinner is ready. Enjoy, Chef!