



UCCOOK

Lamb Bites & Tortilla

with black beans & green leaves

Lamb is cooked until tender with peas, pickled peppers, black beans and sweet BBQ sauce. Served with a warm soft tortilla to make sure none of the delicious juices are lost, this dish has everything you want from a dinner and way more!


Hands-On Time: 20 minutes

Overall Time: 30 minutes

Serves: 3 People

Chef: Kate Gomba

 Quick & Easy

 Boschendal | MCC Brut NV

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Ingredients & Prep

450g	Free-range Lamb Goulash <i>pat dry & cut into small pieces</i>
2	Fresh Chillies <i>deseeded & roughly chopped</i>
15ml	NOMU Italian Rub
300g	Cooked Chopped Tomato
180g	Black Beans <i>drained & rinsed</i>
75g	Pickled Bell Peppers <i>drained</i>
150g	Peas
85ml	Blackstrap Molasses BBQ Sauce
3	Wheat Flour Tortillas
60g	Green Leaves <i>rinsed</i>

From Your Kitchen

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

1. SPICY LAMB Place a pan over a medium heat with a drizzle of oil. When hot, add the lamb pieces and fry for 4-5 minutes until browned but not cooked through, shifting as they colour. Add ½ the chopped chilli (to taste) and the rub and fry for 1 minute, shifting constantly. Pour in the cooked chopped tomato and 150ml of water. Leave to simmer for 12-15 minutes, stirring occasionally.

2. FINISH THE LAMB & READY THE TORTILLAS When the lamb has 5 minutes remaining, add the drained black beans, the drained pickled peppers, the peas and the BBQ sauce to the pan. On completion, the sauce should be reduced and thickened. Season to taste. Place a pan over a medium heat. When hot, warm the tortillas for 30-60 seconds per side until heated through and lightly toasted. Alternatively, spread them out on a plate in a single layer and heat up in the microwave for 30-60 seconds.

3. DINNER IS SERVED! Make a bed of the rinsed green leaves. Top with the saucy BBQ lamb and serve the warm tortillas on the side. Sprinkle over the remaining chilli (to taste). Divine, Chef!

Nutritional Information

Per 100g

Energy	662kJ
Energy	158Kcal
Protein	8g
Carbs	13g
of which sugars	3.8g
Fibre	2.4g
Fat	8.5g
of which saturated	3g
Sodium	341mg

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites,
Soy

Cook
within
4 Days