



QCOOK

Lamb Chilli Con Carne

with poppadoms

Hands-on Time: 30 minutes

Overall Time: 35 minutes

Carb Conscious: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Waterkloof | Beeskamp Cabernet Sauvignon

Nutritional Info

| | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy | 573kj | 3193kj |
| Energy | 137kcal | 764kcal |
| Protein | 7.2g | 40g |
| Carbs | 9g | 50g |
| of which sugars | 3.9g | 21.9g |
| Fibre | 2g | 11.2g |
| Fat | 7.8g | 43.4g |
| of which saturated | 3.4g | 19.1g |
| Sodium | 240mg | 1337mg |

Allergens: Sulphites, Cow's Milk, Allium

Spice Level: Hot

Eat Within 4 Days

Ingredients & Prep Actions:

| Serves 1 | [Serves 2] | |
|----------|------------|--|
| 160g | 1 | Free-range De-boned Lamb Leg Chunks |
| 1 | 1 | Onion <i>peel & roughly dice ½ [1]</i> |
| 10ml | 20 | Taco Mex Mix |
| 1 | 2 | Fresh Chilli/es <i>rinse, trim, deseed & finely slice</i> |
| 100g | 200g | Cooked Chopped Tomato |
| 5ml | 10ml | Beef Stock |
| 60g | 120g | Red Kidney Beans <i>drain & rinse</i> |
| 20ml | 40ml | The Sauce Queen Smokey BBQ Sauce |
| 2 | 4 | Poppadoms |
| 30ml | 60ml | Sour Cream |
| 3g | 5g | Fresh Parsley <i>rinse, pick & roughly chop</i> |

From Your Kitchen

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

1. LIPSMACKING LAMB Place a pot over medium-high heat with a drizzle of oil. Pat the lamb dry with paper towel. When hot, sear the lamb until browned, 2-3 minutes (shifting occasionally).

2. START THE SAUCE Add the onion to the pot and fry until soft and lightly golden, 4-5 minutes (shifting occasionally). Add the NOMU rub and the chilli (to taste) and fry until fragrant, 1-2 minutes. Mix in the cooked chopped tomato, the stock, and 200ml [400ml] of water. Simmer until thickened and the lamb is tender, 15-20 minutes. In the final 1-2 minutes, mix in the beans, and the BBQ sauce. Remove from the heat, add a sweetener (to taste) and season.

3. POP IN THE POPPADOMS Heat the poppadoms in the microwave until crispy, 1-2 minutes. Alternatively, air fry the poppadoms at 180°C until crispy, 3-4 minutes.

4. A CULINARY TRIUMPH Pile up the chilli con carne. Dollop over the sour cream. Sprinkle over the parsley and any remaining chilli (to taste). Side with the poppadoms. Well done, Chef!

Chef's Tip