



# UCOOK

## Cumin & Szechuan Lamb

with sweet potato mash & fresh coriander

This flavourful stir-fry is loaded with lamb goulash, szechuan peppercorns, pickled peppers, onion, cumin, and carrots. Served with sweet potato mash and fresh fragrant coriander. Stir-fry is always a dinner winner, and this dish is no exception!

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**Hands-On Time:** 30 minutes

**Overall Time:** 45 minutes

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**Serves:** 3 People

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**Chef:** Thea Richter

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 Fan Faves

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 Boschendal | 1685 Shiraz

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## Ingredients & Prep

750g	Sweet Potato <i>peeled &amp; cut into small chunks</i>
15ml	Ground Cumin
22,5ml	Szechuan Peppercorns
45ml	Low Sodium Soy Sauce
450g	Free-range Lamb Goulash
2	Onions <i>1½ peeled &amp; cut into 1cm thick slices</i>
360g	Carrot <i>rinsed, trimmed &amp; cut into small bite-sized chunks</i>
75g	Pickled Bell Peppers <i>drained &amp; roughly chopped</i>
12g	Fresh Coriander <i>rinsed &amp; picked</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Butter (optional)  
Milk (optional)  
Sugar/Sweetener/Honey

**1. SWEET MASH** Boil the kettle. Place a pot over a medium-high heat with 2cm of boiling water covering the base. Once steaming, place the sweet potato chunks in a colander over the pot. Allow to steam covered for 20-25 minutes until cooked through and soft. Alternatively, use a steamer if you have one. On completion, discard the water and place the cooked sweet potato in the pot. Add ½ the cumin, a knob of butter or coconut oil (optional) and a splash of water or milk. Mash with a fork or potato masher until desired consistency. Season to taste.

**2. SPICE MIX** Using a pestle and mortar or the back of a sturdy knife, crush the peppercorns until fine. Alternatively, roughly chop with a knife. Place a large pan over a medium heat. When hot, dry toast the remaining cumin and the crushed peppercorns for 1-2 minutes until fragrant, shifting constantly. Remove from the pan and place in a bowl. Add the soy sauce, 150ml of water, and a sweetener of choice (to taste). Mix until fully combined and set aside.

**3. BROWNE LAMB** Return the pan to a high heat with a drizzle of oil. When hot, add the lamb goulash and fry for 4-5 minutes until browned, shifting occasionally. You may need to do this step in batches. Remove from the pan on completion. Season and set aside.

**4. THE STIR-FRY SITUATION** Return the pan to a medium-high heat with a drizzle of oil. When hot, add the onion slices and the carrot chunks and fry for 5-6 minutes until softened, shifting occasionally. Add the chopped pickled pepper and fry for 3-4 minutes until starting to brown, shifting occasionally. Add the browned lamb and the soy-peppercorn mixture and leave to simmer for 3-6 minutes until the sauce is slightly reduced. Season to taste.

**5. THE MAIN EVENT!** Pile up the sweet potato mash. Side with the fragrant lamb stir-fry and sprinkle over the picked coriander. Great work, Chef!

## Nutritional Information

Per 100g

Energy	466kj
Energy	112Kcal
Protein	5.2g
Carbs	11g
of which sugars	4.4g
Fibre	1.8g
Fat	5g
of which saturated	1.9g
Sodium	238mg

## Allergens

Gluten, Dairy, Allium, Wheat, Sulphites, Soy

Cook  
within  
4 Days