



UCCOOK

Aromatic Lamb Keema Roti

with yoghurt raita, chutney & potato chunks

Warm rotis, stacked high with an amazingly delicious lamb keema curry. Slathered with Mrs Balls, covered with carrot and coriander salsa and dolloped with creamy raita. Easy, simple and utterly delicious!

Hands-On Time: 20 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Ella Nasser

 Easy Peasy

 Haute Cabrière | von Arnim Family Reserve

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Ingredients & Prep

1	Onion <i>½ peeled & finely diced</i>
240g	Carrot <i>peeled, ½ grated & ½ roughly diced</i>
150g	Free-range Lamb Mince
200g	Potato <i>peeled (optional) & cut into 1cm chunks</i>
1	Fresh Chilli <i>deseeded & finely chopped</i>
7,5ml	NOMU Garam Masala Rub
100g	Cooked Chopped Tomato
40g	Peas
5g	Fresh Coriander <i>rinsed, picked & roughly chopped</i>
2	Whole Wheat Roti
45ml	Mrs Balls Chutney
30ml	Raita

From Your Kitchen

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

1. LET'S START! Place a pan over medium heat with a drizzle of oil and a knob of butter. Add the diced onions and diced carrot. Cook on a low heat for 3-4 minutes, until the onion is soft and translucent. Add the lamb mince and work quickly to break it up as it starts to cook. Allow to caramelise for 4-5 minutes until browned, stirring occasionally.

2. FRAGRANT KEEMA When the mince is caramelised, add the potato chunks, ½ chopped chilli (to taste) and the garam masala. Mix until fully combined and fry for 1-2 minutes until the garam masala is fragrant. Add the cooked chopped tomato, 200ml of water and some seasoning. Mix until fully combined and leave to simmer on a medium heat for 10-15 minutes, mixing occasionally. In the final 3-5 minutes, stir through the peas. On completion, most of the water should be evaporated and the potato chunks should be soft.

3. SPICY & FRESH In a bowl toss together the grated carrot, ½ of the chopped coriander, the remaining chopped chillies, a drizzle of oil and season. Set aside.

4. ROTI'S When the keema has 5 minutes remaining, place a pan over a medium heat. When hot, warm the rotis for about 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. Once heated, stack on a plate on top of one another and cover with a tea towel to keep warm.

5. KEEMA CURRY MAGIC! Stack the warm rotis on a plate, smear with the chutney and top with the flavourful keema. Spoon over the spicy carrot and coriander salsa and dollop with the raita. Sprinkle over any remaining chopped coriander, wrap up and enjoy!

Nutritional Information

Per 100g

Energy	531kJ
Energy	127Kcal
Protein	6.1g
Carbs	18g
of which sugars	5.9g
Fibre	2.4g
Fat	4g
of which saturated	1.3g
Sodium	167.9mg

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites, Soy

Cook
within 3
Days