



# UCOOK

## Lekker Lamb Breyani

**with brown rice, yoghurt & an Indian spice blend**

A delicious lamb breyani, made with an Indian spice blend that marries the satisfying flavours of star anise, cumin seeds, cardamom pods & cinnamon. Loaded with lentils, and crowned with a dollop of herbed yoghurt & fresh chilli. Nothing beats a home-cooked breyani!

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**Hands-on Time:** 40 minutes

**Overall Time:** 55 minutes

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**Serves:** 2 People


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**Chef:** Kate Gomba

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 Fan Faves

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 Harry Hartman | Somesay Shiraz

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## Ingredients & Prep

200ml	Brown Rice <i>rinsed</i>
8g	Fresh Coriander <i>rinsed &amp; picked</i>
1	Garlic Clove <i>peeled &amp; grated</i>
2	Fresh Chillies <i>de-seeded &amp; roughly sliced</i>
27,5ml	Spice Blend <i>(20ml NOMU Indian Rub, 2 Cardamom Pods, 2 Cinnamon Sticks, 7,5ml Cumin Seeds &amp; 2 Star Anise)</i>
1	Onion <i>peeled &amp; roughly diced</i>
300g	Free-range Lamb Chunks <i>pat dry &amp; cut into small chunks</i>
120g	Tinned Lentils <i>drained &amp; rinsed</i>
80ml	Low Fat Plain Yoghurt

## From Your Kitchen

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

**1. BREYANI RICE** Place the rinsed rice in a pot with 500ml of salted water. Cover and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 25-30 minutes. Drain (if necessary) and cover.

**2. FRESH HERB PASTE** Finely chop ½ the picked coriander, the grated garlic and ¾ of the sliced chilli (to taste) until a chunky paste. Place in a bowl and mix in a drizzle of oil. Alternatively, use a blender if you have one.

**3. SPICE THINGS UP** Place a pot over medium-high heat with enough oil to cover the base. Once hot, fry the spice blend until fragrant, for 1-2 minutes (shifting constantly). Add the diced onion and the lamb chunks. Fry until the onion is soft, 4-6 minutes. Remove and discard the cinnamon sticks and the star anise. Mix in the coriander paste and seasoning. Fry, 4-5 minutes, (shifting regularly.)

**4. THE FINAL STEAM & THE FINAL MIX** Add the cooked rice and the drained lentils to the pot and gently toss, 1-2 minutes. Remove from the heat, cover, and dry out for 10 minutes. There should be no liquid remaining. Finely chop the remaining coriander leaves and place in a bowl with the yoghurt. Mix to combine, season, and set aside.

**5. A MEAL TO BE PROUD OF!** Dish up a mound of fragrant lamb breyani. Dollop over the herby yoghurt and garnish with the remaining chilli (to taste). Dig in! (And watch out for those sneaky cardamom pods...)

## Nutritional Information

Per 100g

Energy	867kJ
Energy	207kcal
Protein	11g
Carbs	24g
of which sugars	1.7g
Fibre	4.7g
Fat	8.2g
of which saturated	3g
Sodium	118mg

## Allergens

Dairy, Allium

Cook  
within  
4 Days