



UCOOK

Spicy Tomato Lamb Chops

with sautéed kale & sweet tomato gravy

A local & lekker go-to recipe you'll want to make again and again! Fluffy white basmati rice is topped with a sweet & spicy tomato relish, complemented by mouth watering thyme-coated lamb chops, and sautéed kale.

Hands-on Time: 25 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Kate Gomba

 Quick & Easy

 Groote Post Winery | Groote Post Shiraz 2021

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Ingredients & Prep

75ml	White Basmati Rice <i>rinsed</i>
1	Onion <i>½ peeled & roughly sliced</i>
1	Garlic Heads <i>peeled & grated</i>
15ml	Spicy Rub <i>(10ml NOMU Indian Rub & 5ml Dried Chilli Flakes)</i>
100g	Cooked Chopped Tomato
1	Chilli. <i>rinsed, deseeded & finely sliced</i>
175g	Free-range Lamb Leg Chop
5ml	Dried Thyme
50g	Kale <i>rinsed & roughly shredded</i>

From Your Kitchen

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

1. COOK THE RICE Place the rinsed rice in a pot with 150ml of salted water. Cover and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 8-10 minutes. Remove from the heat and set aside to steam, 8-10 minutes. Fluff with a fork and cover.

2. MAKE THE SAUCE Place a pot over medium heat with a drizzle of oil and a knob of butter. When hot, fry the sliced onion until soft, 3-4 minutes. Add the grated garlic and the spicy rub, and fry until fragrant, 1-2 minutes (shifting constantly). Pour in the cooked chopped tomato, 15ml of sweetener, ½ of the sliced chilli, and 150ml of water. Simmer until reduced, 12-15 minutes. Season.

3. FRY THE LAMB Place a pan or a grill pan over medium-high heat with a drizzle of oil. Pat the lamb dry with paper towel, coat with the dried thyme, and season. When hot, sear the lamb until browned, 3-4 minutes per side. In the final 1-2 minutes, baste with a knob of butter. Remove from the pan and rest for 5 minutes.

4. SAUTÉ THE KALE Return the pan to medium heat with a drizzle of oil. When hot, fry the shredded kale until slightly wilted, 1-2 minutes. Season.

5. EAT THE FOOD! Make a bed of the rice. Top with the sweet tomato gravy. Side with the lamb and the kale. Sprinkle over the remaining chilli (to taste). Well done, Chef!



Chef's Tip

If you have the time, take the opportunity to light up the braai and grill the lamb over the hot coals.

Nutritional Information

Per 100g

Energy	729kj
Energy	174kcal
Protein	7.5g
Carbs	15g
of which sugars	2g
Fibre	1.7g
Fat	9.5g
of which saturated	3.9g
Sodium	144.2mg

Allergens

Dairy, Allium

Cook
within
4 Days