



UCCOOK

Quick Lamb Tomato Bredie

with Mrs Balls Chutney, turmeric rice & fresh coriander

Hands-on Time: 35 minutes

Overall Time: 50 minutes

Fan Faves: Serves 3 & 4

Chef: Ella Nasser

Wine Pairing: Muratie Wine Estate | Muratie Martin Melch Cabernet Sauvignon

Nutritional Info	Per 100g	Per Portion
Energy	681kj	3675kj
Energy	163kcal	879kcal
Protein	7.1g	38.1g
Carbs	19g	102g
of which sugars	5.4g	29.3g
Fibre	1.9g	10.2g
Fat	6.7g	36.1g
of which saturated	2.8g	15.4g
Sodium	103mg	554mg

Allergens: Gluten, Allium, Wheat, Sulphites

Spice Level: Mild

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
225ml	300ml	White Basmati Rice <i>rinse</i>
15ml	20ml	Ground Turmeric
30g	40g	Golden Sultanas
480g	640g	Free-range Lamb Chunks
2	2	Onions <i>peel & roughly slice 1½ [2]</i>
2	2	Garlic Cloves <i>peel & grate</i>
30g	40g	Fresh Ginger <i>peel & grate</i>
45ml	60ml	Bredie Spice Blend <i>(15ml [20ml] NOMU Indian Rub & 30ml [40ml] Medium Curry Powder)</i>
300g	400g	Cooked Chopped Tomato
45ml	60ml	Mrs Balls Chutney
8g	10g	Fresh Coriander <i>rinse & pick</i>

From Your Kitchen

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

1. Y'ELLO, RICE! Place the rice in a pot over medium-high heat with the turmeric. Submerge in 450ml [600ml] of salted water, cover with a lid 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. Drain if necessary, fluff up with a fork, and toss through the sultanas.

2. LAMB CHUNKS Place a pan over medium-high heat with a drizzle of oil. Pat the lamb dry with paper towel. When hot, sear the lamb until browned, 3-4 minutes (shifting occasionally). Remove from the pan. Season and set aside.

3. NOTHING BEATS A BREDIE Return the pan to medium heat with a drizzle of oil. Fry the onion until soft, 4-5 minutes (shifting occasionally). Add the garlic, the ginger, and the bredie spice blend. Fry until fragrant, 1-2 minutes (shifting constantly). Add the cooked chopped tomato, the chutney, and 300ml [400ml] of water. Simmer until slightly reduced, 10-12 minutes. In the final 2-3 minutes, add the cooked lamb. Add seasoning and a sweetener (to taste).

4. THE TASTE OF HOME Plate up the aromatic turmeric-sultana rice. Side with the tomato bredie. Garnish with the coriander. Easy peasy, Chef!