



UCOOK

Lamb Leg Chop & Indian-style Rice

with golden sultanas & a fresh salsa

A tender & juicy lamb chop is cooked to perfection and served with fluffy rice dotted with sultanas for a touch of sweetness. Sided with a fresh & spicy salsa for added zing and garnished with vibrant coriander. It's a dish that looks as good as it tastes!

Hands-on Time: 50 minutes

Overall Time: 55 minutes

Serves: 4 People

Chef: Jewell Willeberg

Fan Faves

Groote Post Winery | Groote Post Chenin Blanc 2022

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

2	Onions <i>peel & finely dice</i>
60ml	NOMU Indian Rub
400ml	White Basmati Rice <i>rinse</i>
60g	Golden Sultanas <i>roughly chop</i>
200g	Cucumber <i>rinse & finely dice</i>
2	Tomatoes <i>peel & finely dice</i>
10g	Fresh Coriander <i>rinse, pick & roughly chop</i>
2	Fresh Chillies <i>rinse, trim, deseed & finely slice</i>
40ml	Lemon Juice
700g	Free-range Lamb Leg Chops

From Your Kitchen

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

1. FLUFFY-SPICED RICE Place a pot over medium heat with a drizzle of oil and a knob of butter. When hot, fry the diced onion until soft, 5-6 minutes (shifting occasionally). Add the NOMU rub and the rinsed rice. Fry until fragrant, 3-4 minutes. Add 800ml 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 steam, 8-10 minutes. Fluff with a fork, toss through the chopped sultanas and cover.

2. DO THE SALSA In a bowl, combine the diced cucumber, the diced tomato, ½ the chopped coriander, the sliced chillies (to taste), the lemon juice (to taste), seasoning, and a drizzle of olive oil.

3. SIZZLING CHOPS Place a pan over medium-high heat with a drizzle of oil. Pat the lamb chops dry with paper towel and season. When hot, sear the chops, fat-side down, until cooked to your preference, 3-4 minutes per side. During the final 1-2 minutes, baste with a knob of butter. Remove from the pan and rest for 5 minutes.

4. INDIAN FLAIR DINNER Plate up the fluffy rice. Side with the lamb chops and the zingy salsa. Garnish with the remaining coriander. Great work, Chef!

Nutritional Information

Per 100g

Energy	686kJ
Energy	164kcal
Protein	6.2g
Carbs	17g
of which sugars	3.6g
Fibre	1.3g
Fat	7.6g
of which saturated	3.2g
Sodium	103mg

Allergens

Allium, Sulphites, Cow's Milk

Eat
Within
4 Days