



UCOOK

Caribbean Lamb Chop & Spicy Jollof Rice

with toasted coconut flakes & pineapple pieces

North, South, East, West, you'll taste today why jollof rice is the best! This popular West African staple features tangy fresh tomatoes & tomato paste, a special UCOOK jollof seasoning, onions & bell peppers. Served with a pan-fried, butter-basted lamb chop and a zesty pineapple & coriander salsa. Garnished with toasted coconut flakes.

Hands-on Time: 40 minutes

Overall Time: 50 minutes

Serves: 3 People

Chef: Jenna Peoples

Fan Faves

Painted Wolf Wines | The Den Chenin Blanc

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

Ingredients & Prep

2	Onions <i>peel & roughly dice</i>
2	Bell Peppers <i>rinse, deseed & finely dice</i>
2	Tomatoes <i>rinse & roughly dice</i>
45ml	Tomato Paste
60ml	Jollof Spice <i>(15ml Medium Curry Powder, 15ml Smoked Paprika, 15ml Dried Thyme & 15ml Dried Chilli Flakes)</i>
2	Garlic Cloves <i>peel & grate</i>
300ml	White Basmati Rice <i>rinse</i>
30g	Coconut Flakes
120g	Tinned Pineapple Pieces <i>drain & finely dice</i>
8g	Fresh Coriander <i>rinse, pick & finely chop</i>
30ml	Lemon Juice
525g	Free-range Lamb Leg Chops

From Your Kitchen

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

1. AMAZING AROMATICS Place a pot over medium heat with a drizzle of oil. When hot, fry the diced onions and $\frac{3}{4}$ of the diced peppers until soft and fragrant, 6-7 minutes. Add the diced tomatoes, the tomato paste, the jollof spice, and the grated garlic. Fry until fragrant, 4-5 minutes.

2. JOLLOF RICE Add the rinsed rice, salt (to taste), and 600ml of water to the pot. 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.

3. TOAST Place the coconut flakes in a pan over medium heat. Toast until lightly golden, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

4. SALSA In a bowl, combine the drained pineapple pieces, the remaining green pepper, the chopped coriander, the lemon juice, and seasoning.

5. LAMB Return the pan to 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 per side. In the final 1-2 minutes, baste with a knob of butter. Remove from the pan, season, and rest for 5 minutes.

6. DINNER IS READY Plate up the jollof rice. Side with the salsa and the lamb chops. Sprinkle over the toasted coconut flakes. Enjoy, Chef!

Nutritional Information

Per 100g

Energy	535kj
Energy	128kcal
Protein	4.8g
Carbs	13g
of which sugars	2.8g
Fibre	1.7g
Fat	6.2g
of which saturated	2.9g
Sodium	19mg

Allergens

Gluten, Allium, Wheat, Cow's Milk

Eat
Within
4 Days