



# UCOOK

## Lamb Bites & Tortilla

with black beans & green leaves

Lamb is cooked until tender with peas, pickled peppers, black beans and sweet BBQ sauce. Served with a warm soft tortilla to make sure none of the delicious juices are lost, this dish has everything you want from a dinner and way more!

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**Hands-On Time:** 10 minutes

**Overall Time:** 20 minutes

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**Serves:** 1 Person


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**Chef:** Kate Gomba

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 Quick & Easy

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 Boschendal | MCC Brut NV

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## Ingredients & Prep

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150g	Free-range Lamb Goulash <i>pat dry &amp; cut into small pieces</i>
1	Fresh Chilli <i>deseeded &amp; roughly chopped</i>
5ml	NOMU Italian Rub
100g	Cooked Chopped Tomato
60g	Black Beans <i>drained &amp; rinsed</i>
25g	Pickled Bell Peppers <i>drained</i>
50g	Peas
30ml	Blackstrap Molasses BBQ Sauce
1	Wheat Flour Tortilla
20g	Green Leaves <i>rinsed</i>

## From Your Kitchen

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

**1. SPICY LAMB** Place a pan over a medium heat with a drizzle of oil. When hot, add the lamb pieces and fry for 4-5 minutes until browned but not cooked through, shifting as they colour. Add ½ the chopped chilli (to taste) and the rub and fry for 1 minute, shifting constantly. Pour in the cooked chopped tomato and 80ml of water. Leave to simmer for 10-12 minutes, stirring occasionally.

**2. FINISH THE LAMB & READY THE TORTILLAS** When the lamb has 5 minutes remaining, add the drained black beans, the drained pickled peppers, the peas and the BBQ sauce to the pan. On completion, the sauce should be reduced and thickened. Season to taste. Place a pan over a medium heat. When hot, warm the tortilla for 30-60 seconds per side until heated through and lightly toasted.

**3. DINNER IS SERVED!** Make a bed of the rinsed green leaves. Top with the saucy BBQ lamb and serve the warm tortilla on the side. Sprinkle over the remaining chilli (to taste). Divine, Chef!

## Nutritional Information

Per 100g

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Energy	662kj
Energy	158Kcal
Protein	8g
Carbs	13g
of which sugars	3.8g
Fibre	2.4g
Fat	8.5g
of which saturated	3g
Sodium	341mg

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## Allergens

Gluten, Dairy, Allium, Wheat, Sulphites, Soy

Cook  
within  
4 Days