



WCOOK

Gochujang Lamb Chop & Pickled Ginger

with sesame rice

Hands-on Time: 40 minutes

Overall Time: 50 minutes

Fan Faves: Serves 3 & 4

Chef: Kate Gomba

Nutritional Info

	Per 100g	Per Portion
Energy	943kj	4083kj
Energy	225kcal	976kcal
Protein	8.3g	35.8g
Carbs	19g	82g
of which sugars	1g	4.4g
Fibre	0.9g	4g
Fat	12.8g	55.6g
of which saturated	4.8g	20.8g
Sodium	179mg	773mg

Allergens: Sulphites, Gluten, Sesame, Sugar Alcohol (Sweetener), Wheat, Soya, Allium

Spice Level: Hot

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
300ml	400ml	Jasmine Rice <i>rinse</i>
22,5ml	30ml	Sesame Oil
300g	400g	Cucumber <i>rinse</i>
30ml	40ml	Lemon Juice
15ml	20ml	Dried Chilli Flakes
75ml	100ml	Gochujang Sauce <i>(22,5ml [30ml] Gochujang, 22,5ml [30ml] Low Sodium Soy Sauce & 30ml [40ml] Rice Wine Vinegar)</i>
2	2	Garlic Cloves <i>peel & grate</i>
525g	700g	Free-range Lamb Leg Chops
30g	40g	Pickled Ginger <i>drain & roughly chop</i>
15ml	20ml	Black Sesame Seeds

From Your Kitchen

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

1. **RICE** Place the rice in a pot with 600ml [800ml] of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, about 10 minutes. Remove from the heat, fluff with a fork, and mix in the sesame oil. Set aside to steam, 8-10 minutes.

2. **CUCUMBER** Using a rolling pin or bottle, smash the cucumber, slice into bite-sized pieces, and add to a bowl. Mix in the lemon juice, the chilli flakes (to taste), toss to combine, and add seasoning.

3. **LAMB** Combine the gochujang sauce with the garlic and a splash of water. Place a pan over medium-high heat with a drizzle of oil. Pat the lamb dry with paper towel and season. When hot, sear the lamb until browned, 3-4 minutes per side. In the final 1-2 minutes, baste with the gochujang sauce. Remove from the pan with all the pan juices and rest for 5 minutes.

4. **DINNER IS READY** Plate up the sesame rice, top with the lamb, and all the pan juices. Scatter over the pickled ginger, the sesame seeds, and serve alongside the smashed cucumber. Dig in, Chef!