



UCOOK

Cinnamon Rooibos-spiced Rice & Lamb

with a fresh pomegranate & sultana salsa


Delicious lamb chunks are basted in cinnamon & sumac. Served with a fresh pomegranate & golden sultana salsa for some sweetness, and a cucumber & mint yoghurt for freshness. All of this sits on a bed of cinnamon & rooibos rice - a Lebanese and South African fusion feast!

Hands-on Time: 30 minutes

Overall Time: 50 minutes

Serves: 4 People

Chef: Ella Nasser

 Adventurous Foodie

 Strandveld | First Sighting Shiraz

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Ingredients & Prep

300ml	Brown Basmati Rice
20g	Rooibos Powder
40ml	Ground Cinnamon
40g	Almonds
400g	Cucumber <i>diced</i>
1	Low Fat Plain Yoghurt
15g	Fresh Mint <i>rinsed, picked & roughly sliced</i>
10ml	Sumac Spice
80g	Fresh Pomegranate Gems
60g	Golden Sultanas
600g	Free-range Lamb Chunks
200ml	Hummus

From Your Kitchen

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

1. CINNAMON RICE & EVERYTHING NICE Rinse the rice and place in a pot over a medium-high heat with the rooibos powder and ½ the cinnamon. Submerge in 800ml of salted water and pop on a lid. Once boiling, reduce the heat and simmer for 25-30 minutes until most of the water has been absorbed. Keeping the lid on, remove from the heat and steam for a further 10 minutes. On completion, drain if necessary and fluff up with a fork.

2. ALL THE ALMONDS Place the almonds in a pan over a medium heat. Toast for 3-5 minutes until golden brown, shifting occasionally. Remove from the pan.

3. MINTY YOGHURT & SALSA In a bowl, add the diced cucumber, the yoghurt, ½ the sliced mint and ½ the sumac. Toss until fully combined. In a separate bowl, combine the pomegranate gems, the sultanas, the remaining mint and some seasoning.

4. TOASTIN' & ROASTIN' Return the pan to a medium-high heat with a drizzle of oil. Pat the lamb dry with paper towel. When hot, add the lamb chunks and fry for 4-5 minutes until browned, shifting as it colours. In the final minute, baste with the remaining cinnamon & sumac and a knob of butter. Season to taste.

5. LEBANESE FUSION FEASTING! Make a bed of the cinnamon & rooibos rice and top with the lamb chunks. Sprinkle over the toasted almonds. Serve with the minty cucumber yoghurt, the hummus, and the pomegranate & sultana salsa. Enjoy, Chef!

Nutritional Information

Per 100g

Energy	787kJ
Energy	188kcal
Protein	8.5g
Carbs	19g
of which sugars	3.4g
Fibre	3.6g
Fat	9.2g
of which saturated	3.1g
Sodium	93mg

Allergens

Dairy, Allium, Sesame, Sulphites, Tree Nuts

Cook
within 3
Days