



UCOOK

Sweet & Spicy Lamb Chops

with basmati rice & sesame seeds

Lamb chops are marinated in a multi-element sweet sauce before being pan seared until pink, juicy and deliciously sticky. Served alongside fluffy rice and sautéed spinach & cabbage, this dish is a real knockout! Super quick, super simple and super yum!

Hands-On Time: 10 minutes

Overall Time: 20 minutes

Serves: 1 Person

Chef: Ella Nasser

 Quick & Easy

 Boschendal | Nicolas

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Ingredients & Prep

75ml	White Basmati Rice
7,5ml	Gochujang
15ml	Miso Paste
15ml	Low Sodium Soy Sauce
10ml	Sesame Oil
50g	Spinach <i>rinsed & roughly shredded</i>
100g	Cabbage <i>cut into bite-sized chunks</i>
15ml	Mixed Sesame Seeds
175g	Free-range Lamb Chop

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey

1. RICE, RICE BABY! Rinse the rice and place in a pot over a medium-high heat. Submerge in 150ml of salted water and pop on a lid. Once boiling, reduce the heat and simmer for 8-10 minutes until most of the water has been absorbed. Keeping the lid on, remove from the heat and steam for 10 minutes. On completion, drain if necessary and fluff up with a fork.

2. MISO MIXTURE While the rice is cooking, place the gochujang in a bowl. Add the miso paste, the soy sauce, a sweetener of choice (to taste), and 30ml of water. Mix until fully combined.

3. SESAME SAUTÉ Place a pan over a medium-high heat with the sesame oil. When hot, add the shredded spinach and the cabbage chunks and fry for 3-4 minutes until wilted, shifting occasionally. Remove from the pan on completion. Season to taste and toss through ½ the sesame seeds.

4. SIZZLING CHOPS Return the pan to a medium-high heat, wiped down if necessary, with a drizzle of oil. When hot, sear the chops for 2-3 minutes per side until cooked through or to your preference. On completion, baste the chops with the miso-gochujang mixture and leave to reduce for 1-2 minutes until slightly reduced.

5. DINNER IS SERVED! Plate up the fluffy basmati rice and top with the sweet and sticky lamb chops. Drizzle over any pan juices and side with the sautéed cabbage and spinach. Sprinkle over the remaining sesame seeds. Well done, Chef!



Chef's Tip

Grains should be rinsed with cold water before cooking to remove excess starch. This improves taste and texture!

Nutritional Information

Per 100g

Energy	927kJ
Energy	222Kcal
Protein	9.1g
Carbs	15g
of which sugars	1.9g
Fibre	1.7g
Fat	13.8g
of which saturated	4.9g
Sodium	415mg

Allergens

Gluten, Sesame, Wheat, Sulphites,
Sugar Alcohol (Xylitol), Soy

Cook
within 2
Days