

QCOOK

TRILENNIUM's Lamb Chilli Con Carne

with poppadoms

Hands-on Time: 30 minutes

Overall Time: 35 minutes

Carb Conscious: Serves 1 & 2

Chef: TRILENNIUM

Nutritional Info

	Per 100g	Per Portion
Energy	556kJ	3042kJ
Energy	133kcal	728kcal
Protein	7g	38.3g
Carbs	9g	50g
of which sugars	3.8g	21g
Fibre	2g	11g
Fat	7.2g	39.3g
of which saturated	2.9g	15.7g
Sodium	262mg	1432mg

Allergens: Sulphites, Cow's Milk, Allium

Spice Level: Hot

Eat Within 4 Days



Ingredients & Prep Actions:

Serves 1	[Serves 2]	
150g	300g	Free-range Lamb Chunks
1	1	Onion <i>peel & roughly dice ½ [1]</i>
10ml	20ml	NOMU Cajun Rub
1	2	Fresh Chilli/es <i>rinse, trim, deseed & finely slice</i>
100g	200g	Cooked Chopped Tomato
5ml	10ml	Beef Stock
60g	120g	Red Kidney Beans <i>drain & rinse</i>
20ml	40ml	The Sauce Queen Smokey BBQ Sauce
2	4	Poppadoms
30ml	60ml	Sour Cream
3g	5g	Fresh Parsley <i>rinse, pick & roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Sugar/Sweetener/Honey
Paper Towel

1. LIPSMACKING LAMB Place a pot over medium-high heat with a drizzle of oil. Pat the lamb dry with paper towel. When hot, sear the lamb until browned, 2-3 minutes (shifting occasionally).

2. START THE SAUCE Add the onion to the pot and fry until soft and lightly golden, 4-5 minutes (shifting occasionally). Add the NOMU rub and the chilli (to taste) and fry until fragrant, 1-2 minutes. Mix in the cooked chopped tomato, the stock, and 200ml [400ml] of water. Simmer until thickened and the lamb is tender, 15-20 minutes. In the final 1-2 minutes, mix in the beans, and the BBQ sauce. Remove from the heat, add a sweetener (to taste) and season.

3. POP IN THE POPPADOMS Heat the poppadoms in the microwave until crispy, 1-2 minutes. Alternatively, air fry the poppadoms at 180°C until crispy, 3-4 minutes.

4. A CULINARY TRIUMPH Pile up the chilli con carne. Dollop over the sour cream. Sprinkle over the parsley and any remaining chilli (to taste). Side with the poppadoms. Well done, Chef!