



UCOOK

Strandveld's Lamb & Pomegranate Rice

with a yoghurt drizzle, fresh parsley & toasted almonds


Succulent seared lamb is adorned with golden toasted almonds, and rests atop fragrant rice infused with butter, stock & aromatics. Drizzled with a tangy yoghurt sauce, and garnished with fresh parsley & pomegranate gems. It's a culinary masterpiece, Chef!

Hands-on Time: 20 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Strandveld Winery

 Adventurous Foodie

 Strandveld | Grenache

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

10ml	Chicken Stock
1	Onion <i>peeled & diced</i>
2	Garlic Cloves <i>peeled & grated</i>
10ml	Spice Mix <i>(2,5ml Ground Cumin, 5ml Ground Cinnamon & 2,5ml Allspice)</i>
100ml	White Basmati Rice <i>rinsed</i>
1	Lemon <i>rinsed & cut into wedges</i>
160g	Free-range Lamb Chunks
10g	Almonds <i>roughly chopped</i>
50ml	Greek Yoghurt
3g	Fresh Parsley <i>rinsed & picked</i>
10g	Pomegranate Gems

From Your Kitchen

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

1. NEXT LEVEL RICE Boil the kettle. Dilute the stock with 150ml of boiling water. Place a pot (with a lid) over medium heat with a drizzle of oil and a knob of butter. When hot, fry the diced onion until golden, 4-5 minutes (shifting occasionally). Add the grated garlic and the spice mix, and fry until fragrant, 1-2 minutes. Add the rice, the diluted stock, and seasoning. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 8-10 minutes. Remove from the heat. Stir through a knob of butter and a generous squeeze of lemon juice. Allow to steam, 8-10 minutes.

2. SEAR THE LAMB While the rice is steaming, place a pan over medium-high heat with a drizzle of oil. Pat the lamb dry with paper towel and cut into bite-sized pieces. When hot, sear the lamb until browned, 2-3 minutes (shifting occasionally). Remove from the pan. Season and set aside.

3. TOAST THE ALMONDS Place the chopped almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

4. ZESTY YOGHURT DRIZZLE In a small bowl, loosen the yoghurt with warm water in 5ml increments until drizzling consistency. Add a squeeze of lemon juice.

5. LOOKING GOOD! Bowl up the rice and top with the lamb. Drizzle over the loosened yoghurt. Garnish with the toasted almonds, the picked parsley, and the pomegranate gems. Stunning, Chef!

Nutritional Information

Per 100g

Energy	724kJ
Energy	173kcal
Protein	8.1g
Carbs	19g
of which sugars	1.7g
Fibre	2.1g
Fat	7.6g
of which saturated	2.8g
Sodium	203mg

Allergens

Dairy, Allium, Sulphites, Tree Nuts

Cook
within
4 Days