



# QCOOK

## Quick Lamb Tomato Bredie

with Mrs Balls Chutney, turmeric rice & fresh coriander

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**Hands-on Time:** 20 minutes

**Overall Time:** 35 minutes

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**Fan Faves:** Serves 1 & 2

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**Chef:** Ella Nasser

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**Wine Pairing:** Muratie Wine Estate | Muratie Martin Melch Cabernet Sauvignon

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Nutritional Info	Per 100g	Per Portion
Energy	681kj	3675kj
Energy	163kcal	879kcal
Protein	7.1g	38.1g
Carbs	19g	102g
of which sugars	5.4g	29.3g
Fibre	1.9g	10.2g
Fat	6.7g	36.1g
of which saturated	2.8g	15.4g
Sodium	103mg	554mg

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**Allergens:** Gluten, Allium, Wheat, Sulphites

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**Spice Level:** Mild

Eat Within 4 Days

## Ingredients & Prep Actions:

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Serves 1	[Serves 2]	
75ml	150ml	White Basmati Rice <i>rinse</i>
5ml	10ml	Ground Turmeric
10g	20g	Golden Sultanas
160g	320g	Free-range Lamb Chunks
1	1	Onion <i>peel &amp; roughly slice ½ [1]</i>
1	1	Garlic Clove <i>peel &amp; grate</i>
10g	20g	Fresh Ginger <i>peel &amp; grate</i>
15ml	30ml	Bredie Spice Blend <i>(5ml [10ml] NOMU Indian Rub &amp; 10ml [20ml] Medium Curry Powder)</i>
100g	200g	Cooked Chopped Tomato
15ml	30ml	Mrs Balls Chutney
3g	5g	Fresh Coriander <i>rinse &amp; pick</i>

## From Your Kitchen

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

**1. Y'ELLO, RICE!** Place the rice in a pot over medium-high heat with the turmeric. Submerge in 150ml [300ml] of salted water, 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 and set aside to steam, 8-10 minutes. Drain if necessary, fluff up with a fork, and toss through the sultanas.

**2. LAMB CHUNKS** Place a pan 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). Remove from the pan. Season and set aside.

**3. NOTHING BEATS A BREDIE** Return the pan to medium heat with a drizzle of oil. Fry the onion until soft, 3-4 minutes (shifting occasionally). Add the garlic, the ginger, and the bredie spice blend. Fry until fragrant, 1-2 minutes (shifting constantly). Add the cooked chopped tomato, the chutney, and 100ml [200ml] of water. Simmer until slightly reduced, 8-10 minutes. In the final 2-3 minutes, add the cooked lamb. Add seasoning and a sweetener (to taste).

**4. THE TASTE OF HOME** Plate up the aromatic turmeric-sultana rice. Side with the tomato bredie. Garnish with the coriander. Easy peasy, Chef!