



# WCOOK

## Waterkloof's Massaman & Lamb Pita

with fresh sambal & yoghurt

**Hands-on Time:** 20 minutes

**Overall Time:** 30 minutes

**Adventurous Foodie:** Serves 1 & 2

**Chef:** Waterkloof Wine Farm

**Wine Pairing:** Waterkloof | Beeskamp Cabernet Sauvignon

### Nutritional Info

	Per 100g	Per Portion
Energy	540kJ	3605kJ
Energy	129kcal	863kcal
Protein	6.3g	42.4g
Carbs	12g	81g
of which sugars	2.3g	15.1g
Fibre	1.3g	8.6g
Fat	5.6g	37.2g
of which saturated	2.1g	13.9g
Sodium	139mg	925mg

**Allergens:** Sulphites, Shellfish, Gluten, Wheat, Cow's Milk, Allium

**Spice Level:** Mild

Eat Within 4 Days

## Ingredients & Prep Actions:

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Serves 1	[Serves 2]	
160g	320g	Free-range De-boned Lamb Shoulder Chunks
1	1	Onion <i>peel &amp; finely slice ½ [1]</i>
1	1	Garlic Clove <i>peel &amp; grate</i>
20ml	40ml	Tomato Paste
15ml	30ml	Spice & All Things Nice Massaman Curry Paste
1	2	Pita Bread/s
10ml	20ml	Lemon Juice
1	1	Tomato <i>rinse &amp; roughly dice ½ [1]</i>
3g	5g	Fresh Parsley <i>rinse, pick &amp; roughly chop</i>
50g	100g	Cucumber <i>rinse &amp; roughly dice</i>
1	1	Fresh Chilli <i>rinse, trim, deseed &amp; finely slice</i>
30ml	60ml	Low Fat Plain Yoghurt

## From Your Kitchen

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

- 1. BROWN LAMB** Place a pot over high heat with a drizzle of oil. Pat the lamb dry with paper towel, cut into small pieces, and season. When hot, sear the lamb until browned and cooked through, 2-3 minutes per side.
- 2. MASSAMAN LAMB** Add the onion to the lamb and fry until soft and lightly golden, 4-5 minutes. Add the garlic, tomato paste, curry paste, and fry until fragrant, 1-2 minutes. Mix in 100ml [200ml] of water and simmer until thickening, 6-8 minutes. Remove from the heat, add a sweetener, and season.
- 3. TOASTED PITA** Place a clean pan over medium heat. When hot, toast the pita/s until heated through, 30-60 seconds per side. Alternatively, place the pita/s on a plate and heat up in the microwave, 30-60 seconds. Cut in half to make the pockets.
- 4. SAMBAL** In a bowl, combine the lemon juice with a drizzle of olive oil and mix to emulsify. Add the tomato, parsley, cucumber, chilli (to taste), and season.
- 5. DINNER IS READY** Fill up the lamb pockets, top with some sambal, and finish with dollops of the yoghurt. Serve any remaining sambal on the side and dig in, Chef!