



UCOOK

Sweet-sesame Lamb Chops & Rice Salad

with peppers & cucumber

Pairing new flavours with well known ingredients makes cooking such an exciting exploration. Today we are elevating lamb with Asian flavours by coating it in a sweet-sesame sauce before browning in butter. Sided with a white basmati rice salad, loaded with piquante peppers, cucumber, & creamy mayo.

Hands-on Time: 20 minutes

Overall Time: 20 minutes

Serves: 2 People

Chef: Kate Gomba

Quick & Easy

KWV - The Mentors | KWV The Mentors
Cabernet Franc 2020

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Ingredients & Prep

150ml	White Basmati Rice <i>rinse</i>
350g	Free-range Lamb Leg Chops
50ml	Sweet Sesame <i>(40ml Sweet Indo Soy Sauce & 10ml Sesame Oil)</i>
30g	Piquanté Peppers <i>drain</i>
100g	Cucumber <i>rinse & roughly dice</i>
100ml	Mayo
5g	Fresh Coriander <i>rinse, pick & roughly chop</i>

From Your Kitchen

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

1. RICE Place the rinsed rice in a pot with 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. Fluff with a fork and cover.

2. LAMB CHOPS While the rice is cooking, 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, 3-4 minutes per side. In the final 1-2 minutes, baste with a knob of butter and the sweet sesame, and deglaze with a splash of water. Remove from the pan (reserving the pan juices), season, and rest for 5 minutes.

3. JUST BEFORE SERVING In a salad bowl, combine the cooked rice, the drained peppers, the diced cucumber, the mayo, and seasoning.

4. TIME TO EAT Make a bed of the rice salad. Top with the lamb chop and all the pan juices. Garnish with the chopped coriander.

Nutritional Information

Per 100g

Energy	1232kj
Energy	295kcal
Protein	8.6g
Carbs	21g
of which sugars	6.2g
Fibre	0.6g
Fat	19.7g
of which saturated	5.7g
Sodium	228mg

Allergens

Gluten, Sesame, Wheat, Sulphites, Soy, Cow's Milk

Eat
Within
4 Days