



UCOOK

Durban-style Lamb Chops

with sautéed kale & sweet tomato gravy

A local & lekker go-to recipe you'll want to make again and again! Fluffy white basmati rice is topped with a sweet & spicy tomato relish, complemented by mouth watering thyme-coated lamb chops, and sautéed kale.


Hands-on Time: 35 minutes

Overall Time: 50 minutes

Serves: 3 People

Chef: Kate Gomba

 Fan Faves

 Sijnn Wines | Sijnn Saignée 2018

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Ingredients & Prep

225ml	White Basmati Rice <i>rinsed</i>
2	Onions <i>1½ peeled & roughly sliced</i>
2	Garlic Cloves <i>peeled & grated</i>
45ml	Spicy Rub <i>(30ml NOMU Indian Rub & 15ml Dried Chilli Flakes)</i>
2	Fresh Chillies <i>deseeded & finely sliced</i>
300g	Cooked Chopped Tomato
525g	Free-range Lamb Leg Chop
15ml	Dried Thyme
150g	Kale <i>rinsed & roughly shredded</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey
Paper Towel
Butter

1. COOK THE RICE Place the rinsed rice in a pot with 450ml of salted water. Cover 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. MAKE THE SAUCE Place a pot over medium heat with a drizzle of oil and a knob of butter. When hot, fry the sliced onion until soft, 4-5 minutes. Add the grated garlic, the spicy rub, and fry until fragrant, 2-3 minutes (shifting constantly). Pour in the cooked chopped tomato, 45ml of sweetener, ½ of the sliced chilli, and 450ml of water. Simmer until reduced, 15-20 minutes. Season.

3. FRY THE LAMB Place a pan or a grill pan over medium-high heat with a drizzle of oil. Pat the lamb dry with paper towel, coat with the dried thyme and season. When hot, sear the lamb until browned, 3-4 minutes per side. In the final 1-2 minutes, baste with a knob of butter. Remove from the pan and rest for 5 minutes.

4. SAUTÉ THE KALE Return the pan to medium heat with a drizzle of oil. When hot, fry the shredded kale until slightly wilted, 2-3 minutes. Season.

5. EAT THE FOOD! Make a bed of the rice, top with the sweet tomato gravy, side with the lamb, the kale, and sprinkle over the remaining chilli (to taste). Well done, Chef!



Chef's Tip

If you have the time, take the opportunity to light up the braai and grill the lamb chop/s over the hot coals.

Nutritional Information

Per 100g

Energy	732kj
Energy	175kcal
Protein	7.5g
Carbs	15g
of which sugars	2g
Fibre	1.7g
Fat	9.5g
of which saturated	4g
Sodium	145mg

Allergens

Dairy, Allium

Cook
within 3
Days