



UCCOOK

Caribbean Lamb Chop & Spicy Jollof Rice

with toasted coconut flakes & pineapple pieces

Hands-on Time: 30 minutes

Overall Time: 40 minutes

Fan Faves: Serves 1 & 2

Chef: Jenna Peoples

Wine Pairing: Painted Wolf Wines | The Pack Blacktip Mourvèdre

Nutritional Info

	Per 100g	Per Portion
Energy	535kJ	4694kJ
Energy	128kcal	1123kcal
Protein	4.8g	42g
Carbs	13g	118g
of which sugars	2.8g	24.9g
Fibre	1.7g	14.6g
Fat	6.1g	53.8g
of which saturated	2.9g	25.5g
Sodium	46mg	405mg

Allergens: Cow's Milk, Gluten, Allium, Wheat

Spice Level: Mild

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
1	1	Onion <i>peel & roughly dice</i>
1	1	Bell Pepper <i>rinse, deseed & finely dice</i>
1	1	Tomato <i>rinse & roughly dice</i>
15ml	30ml	Tomato Paste
20ml	40ml	Jollof Spice <i>(5ml [10ml] Curry Powder, 5ml [10ml] NOMU Spanish Rub, 5ml [10ml] Dried Thyme & 5ml [10ml] Chilli Flakes)</i>
1	1	Garlic Clove <i>peel & grate</i>
100ml	200ml	White Basmati Rice <i>rinse</i>
10g	20g	Coconut Flakes
40g	80g	Tinned Pineapple Pieces
3g	5g	Fresh Coriander
10ml	20ml	Lemon Juice
175g	350g	Free-range Lamb Leg Chop/s

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Paper Towel
Butter
Seasoning (salt & pepper)

1. AMAZING AROMATICS Place a pot over medium heat with a drizzle of oil. When hot, fry the onion and $\frac{3}{4}$ of the peppers until soft and fragrant, 5-6 minutes. Add the tomato, the tomato paste, the jollof spice, and the garlic. Fry until fragrant, 3-4 minutes.

2. JOLLOF RICE Add the rice, salt (to taste), and 200ml [400ml] of water to the pot. 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.

3. TOAST Place the coconut flakes in a pan over medium heat. Toast until lightly golden, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

4. SALSA Drain and finely dice the pineapple and roughly chop the coriander. In a bowl, combine the pineapple, the remaining pepper, the coriander, the lemon juice, and some seasoning.

5. LAMB Return the pan to 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. Remove from the pan, season, and rest for 5 minutes.

6. DINNER IS READY Plate up the jollof rice. Side with the salsa and the lamb chop. Sprinkle over the coconut flakes. Enjoy, Chef!