



UCCOOK

Loaded Lamb Chile

with fresh coriander & sour cream

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Carb Conscious: Serves 1 & 2

Chef: Jason Johnson

Wine Pairing: Zevenwacht | The Tin Mine Red

Nutritional Info

	Per 100g	Per Portion
Energy	426kJ	3353kJ
Energy	102kcal	802kcal
Protein	5.1g	39.8g
Carbs	9g	67g
of which sugars	2.7g	21.2g
Fibre	2.1g	16.9g
Fat	4.9g	38.4g
of which saturated	2g	15.7g
Sodium	89mg	699mg

Allergens: Cow's Milk, Allium

Spice Level: Mild

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
250g	500g	Butternut <i>rinse, deseed, peel (optional) & cut into bite-sized pieces</i>
150g	300g	Free-range Lamb Chunks
1	1	Onion <i>peel & roughly dice</i>
10ml	20ml	Tomato Paste
100g	200g	Cooked Chopped Tomato
20ml	40ml	Spice Mix <i>(10ml [20ml] NOMU Mexican Spice Blend & 10ml [20ml] Ground Paprika)</i>
30ml	60ml	Sour Cream
3g	5g	Fresh Coriander <i>rinse, pick & finely chop</i>
60g	120g	Red Kidney Beans <i>drain & rinse</i>
20ml	40ml	Lemon Juice

From Your Kitchen

Oil (cooking, olive or coconut)

Water

Sugar/Sweetener/Honey

Seasoning (salt & pepper)

1. ROAST Preheat the oven to 200°C. Spread the butternut on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

2. YOU CAN CON CARNE Place a pot 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. CHOP-CHOP! Return the pot to medium heat with a drizzle of oil. Add the onion and fry until soft, 6-7 minutes (shifting occasionally). Add the tomato paste and fry until fragrant, 30-60 seconds (shifting constantly). Add the cooked chopped tomato, the spice mix, and 100ml [200ml] of water. Bring to a boil and simmer until slightly thickened, 5-6 [6-8] minutes (stirring occasionally).

4. CORIANDER SOUR CREAM In a small bowl, mix the sour cream with ½ the coriander. Season and set aside.

5. FINISHING TOUCHES When the con carne has thickened, stir through the cooked lamb, and the kidney beans. Add a sweetener (to taste), the lemon juice, the butternut, and season.

6. DINNER IS SERVED Bowl up the lamb con carne. Dollop over the coriander sour cream. Garnish with the remaining coriander. Cheers, Chef!