



UCOOK

Quick Lamb Tomato Bredie

with Mrs Balls Chutney, turmeric rice & fresh coriander

A stew as reminiscent of Cape Town as Table Mountain, this satisfying & expertly spiced dish brings together fragrant yet familiar aromas. With its signature yellow & golden sultana rice, a rich tomato lamb 'bredie' and flavoured with the famous Mrs Balls Chutney, this dish simply tastes like home - comforting!

Hands-on Time: 20 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Ella Nasser

Fan Faves

Waterford Estate | Waterford Antigo

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Ingredients & Prep

75ml	White Basmati Rice <i>rinse</i>
5ml	Ground Turmeric
10g	Golden Sultanas
160g	Free-range Lamb Chunks
1	Onion <i>peel & roughly slice ½</i>
1	Garlic Clove <i>peel & grate</i>
10g	Fresh Ginger <i>peel & grate</i>
15ml	Bredie Spice Blend <i>(5ml NOMU Indian Rub & 10ml Medium Curry Powder)</i>
100g	Cooked Chopped Tomato
15ml	Mrs Balls Chutney
3g	Fresh Coriander <i>rinse & pick</i>

From Your Kitchen

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

1. Y'ELLO, RICE! Place the rinsed rice in a pot over medium-high heat with the turmeric. Submerge in 150ml 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. Drain if necessary, fluff up with a fork, and toss through the golden sultanas.

2. LAMB CHUNKS 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, 2-3 minutes (shifting occasionally). Remove from the pan. Season and set aside.

3. NOTHING BEATS A BREDIE Return the pan to medium heat with a drizzle of oil. When hot, add the sliced onion and fry until soft, 3-4 minutes (shifting occasionally). Add the grated garlic and ginger and the bredie spice blend. Fry until fragrant, 1-2 minutes (shifting constantly). Add the cooked chopped tomato, the chutney, and 100ml of water. Simmer until slightly reduced, 8-10 minutes. In the final 2-3 minutes, add the cooked lamb. Add seasoning and a sweetener (to taste).

4. THE TASTE OF HOME Plate up the aromatic turmeric-sultana rice. Side with the tomato bredie. Garnish with the picked coriander. Easy peasy, Chef!

Nutritional Information

Per 100g

Energy	681kJ
Energy	163kcal
Protein	7.1g
Carbs	19g
of which sugars	5.4g
Fibre	1.9g
Fat	6.7g
of which saturated	2.8g
Sodium	103mg

Allergens

Gluten, Allium, Wheat, Sulphites

Eat
Within
4 Days