



UCOOK

Lamb Chop & Chakalaka

with garlic bread

Chakalaka from a can? Not if we can help it, Chef! Learn how to make your own homemade chakalaka, a must-have recipe in any South African home. This amazing-tasting authentic relish is spooned over lip-smacking lamb chops, together with a golden baked garlic-butter sourdough baguette.

Hands-on Time: 20 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Hellen Mwanza

Fan Faves

Waterford Estate | Waterford Pecan Stream
Pebble Hill

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Ingredients & Prep

1	Garlic Clove <i>peel & grate</i>
1	Sourdough Baguette
1	Onion <i>peel & roughly slice</i>
1	Tomato <i>rinse & roughly dice</i>
10ml	Medium Curry Powder
120g	Carrot <i>rinse, trim, peel & grate</i>
60g	Cannellini Beans <i>drain & rinse</i>
1	Fresh Chilli <i>rinse, trim, deseed & finely slice</i>
175g	Free-range Lamb Leg Chops

From Your Kitchen

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

1. GARLIC BREAD Preheat the oven to 200°C. In a small bowl, combine 20g of melted butter and the grated garlic. Cut 4-5 incisions along the top of the baguette - don't cut all the way through! Smear each incision with the garlic butter. Place the baguette directly onto a hot oven rack and an oven proof dish with water onto the oven floor. Bake until light brown and crispy, 12-15 minutes.

2. CHAKALAKA Place a pan over a medium heat with a drizzle of oil. When hot, fry the sliced onions until soft and browning, 6-7 minutes. Add the diced tomatoes, the curry powder, and the grated carrot, fry until fragrant and a bit saucy, 4-5 minutes. Add 50ml of water, the drained beans, and the sliced chilli (to taste). Simmer until reduced and thickened. Remove from the pan, add a sweetener (to taste), season, and cover to keep warm.

3. LAMB Return the pan, wiped down, 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.

4. TIME TO EAT Dish up the chakalaka, side with the toasted bread, and the sizzling lamb chop. Enjoy, Chef!



Chef's Tip

If you have the time, why not take the opportunity to light up the braai and grill the lamb chops over the hot coals instead of in the pan? You'll get that unbeatable braai smoke flavour, as well as a festive evening!

Nutritional Information

Per 100g

Energy	609kJ
Energy	146kcal
Protein	6.3g
Carbs	15g
of which sugars	2.9g
Fibre	2g
Fat	6.5g
of which saturated	2.6g
Sodium	152mg

Allergens

Gluten, Allium, Wheat, Cow's Milk

**Eat
Within
4 Days**