



BUNNY CHOW

FILLED WITH PULLED LAMB AND PAPAYA SAMBAL



LAMB

3 tablespoons Ghee
1 medium Onion, chopped
1 teaspoon Turmeric
1 teaspoon Masala
1 teaspoon Garam Masala
1 stick Cinnamon
1 teaspoon Ground Cumin
1 teaspoon Ground coriander
½ teaspoon Chili powder
10 Curry leaves
1 kg Lamb neck, cut up
1 teaspoon Salt
2 tablespoons Tomato Sauce
1 teaspoon Ginger, grated
1 clove Garlic, grated
1 Green chili, deseeded, finely chopped
½ cup Tomato puree
1 tablespoon Tomato paste
500 ml Lamb/chicken stock
1 tin (410g) Butter beans, drained
½ Red pepper, deseeded and diced
6 Long rolls (mini baguettes)

PAPAYA SAMBAL

1 medium Papaya, slightly under ripe, peeled and cubed
½ Sweet red pepper, finely diced
1 Green, chili, finely sliced
2 tablespoons Oil
1 tablespoon Lemon juice
2 teaspoons Ginger, finely grated
2 teaspoons Honey
¼ cup Mint, finely shredded
1 tablespoon Cilantro leaves, roughly chopped



CARROT SALAD

4 medium Carrots, peeled
½ cup Fresh coriander, leaves picked off stems
1 Lemon, juiced
1 tablespoon Brown sugar
½ cup Roasted peanuts, roughly chopped
¼ teaspoon Salt

A hollowed out crispy roll filled with a Durban style curry (neck), papaya sambal and a crispy carrot salad.



PREPARE THE LAMB:

1. Select the sauté setting (medium) on the Instant Pot Pro. Heat the ghee over medium heat, add the onion and fry until softened and starting to discolour. Add the turmeric, masala, garam masala, cinnamon, cumin, coriander, chili powder and curry leaves and stir fry for 2-3 minutes.
2. Add the lamb and fry until the meat is covered with the spices and browned.
3. Add the salt, tomato sauce, ginger, garlic and green chili, fry for 3-4 minutes, add the tomato puree and paste, blend with the meat mixture.
4. Pour over the lamb stock, seal the Instant Pot Pro. Pressure cook on high for 30 minutes. Let it natural pressure release for 20 minutes, then release the remaining pressure.
5. Open the Instant Pot Pro, lift the meat out of the pot and place in a shallow dish, add the drained butter beans and red pepper to the sauce in the pot and stir through. Select the sauté setting and medium heat on the Instant Pot Pro and heat the beans and sauce.
6. Remove the meat from the bones and shred, add the shredded meat to the sauce and beans in the Instant Pot Pro.

PREPARE THE PAPAYA SAMBAL:

7. Place the papaya cubes, red pepper and chili in a large mixing bowl.
8. Whisk together the oil, lemon juice, ginger and honey.
9. Add the herbs and pour the dressing over the papaya mixture and gently toss. The papaya can be substituted for mango when in season.

PREPARE THE CARROT SALAD:

10. Julienne the carrots and place in ice water to crisp up. Mix the lemon juice, sugar and salt and pour over the drained crispy carrots. Mix in the coriander leaves and sprinkle the peanuts over the salad.

ASSEMBLE THE BUNNY:

11. Slice the top off the rolls, scoop out some of the bread and fill with the chow mixture. Garnish with fresh coriander and serve with the crispy carrot salad.

EQUIPMENT INSTANT POT PRO

YIELDS: 4-6 servings

PREP TIME: 10 minutes

COOKING TIME: 50 minutes

TOTAL TIME: 1 hour

