



Product Spotlight: Sultanas

Sultanas are dried grapes. In fact, the fresh grapes lose so much water during drying that it takes 4 tonnes of grapes to produce 1 tonne of sultanas!



4 Lamb Pilaf with Parsley Yoghurt

Travel across the world to India — without leaving your kitchen! This fragrant lamb mince pilaf features sweet sultanas, warming spices, green beans and crunchy cashews.

 30 minutes

 2 servings

 Lamb

15 February 2021

Rice on the side

You can serve the rice plain on the side if preferred or if cooking for fussy eaters.

FROM YOUR BOX

BASMATI RICE	150g
LAMB MINCE	300g
RED ONION	1/2 *
TOMATO	1
SULTANAS	1 box (40g)
GREEN BEANS	1/2 bag (75g) *
PARSLEY	1/2 bunch *
NATURAL YOGHURT	1/2 cup *
CASHEWS	1/2 bag (50g) *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

olive oil, salt, pepper, ground cumin, turmeric, garlic (1 clove), oregano

KEY UTENSILS

large frypan, saucepan

NOTES

Use the rice tub to easily measure the right amount of water.

For extra flavour, add a cinnamon quill in step 2.

For a sweeter yoghurt sauce, add 1/2 tsp honey.

No lamb option - lamb mince is replaced with chicken mince. Add 1 tbsp oil at the start of step 2 and decrease cooking time to 4-5 minutes.



1. COOK THE RICE

Place rice in a saucepan and cover with 1.5 x amount of water (see notes). Cover with lid, cook over low heat for 10-15 minutes. Remove from heat, let stand 5 minutes. Stir carefully with a fork.



2. COOK THE LAMB

Heat a frypan over medium-high heat. Add mince and cook for 5-6 minutes, breaking up with a spoon as you go. Dice and add onion with **2 tsp cumin, 2 tsp turmeric, 1/2 tsp oregano and crushed garlic** (see notes). Cook for a further 3 minutes.



3. ADD THE VEGETABLES

Dice tomato and add to pan with sultanas and **1/2 cup water**. Cover and cook for 10 minutes.



4. ADD THE BEANS AND RICE

Trim beans and cut into 3 cm pieces. Add to pan and cook for a further 3 minutes. Stir through rice and season to taste with **salt and pepper**. Cover and let rest.



5. MAKE PARSLEY YOGHURT

Chop parsley and combine with yoghurt, **1 tbsp olive oil, salt and pepper** (see notes).

Roughly chop cashews.



6. FINISH AND PLATE

Divide pilaf between bowls and serve with a dollop of yoghurt and a sprinkle of cashews.

How did the cooking go? We'd love to know - help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

