



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### 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

 4 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    | 300g             |
| LAMB MINCE      | 500g             |
| BROWN ONION     | 1                |
| CHICKPEAS       | 400g             |
| TOMATOES        | 2                |
| SULTANAS        | 1 box (40g)      |
| GREEN BEANS     | 1/2 bag (125g) * |
| PARSLEY         | 1/2 bunch *      |
| NATURAL YOGHURT | 1/3 tub *        |
| 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 2 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 **4 tsp cumin, 3 tsp turmeric, 1 tsp oregano and crushed garlic** (see notes). Cook for a further 3 minutes.



### 3. ADD THE VEGETABLES

Drain chickpeas and dice tomatoes. Add to pan as you go with sultanas and **1 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**

