



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Coriander

All parts of the coriander are edible including the stems and seeds. It has a fresh, sweet, lemon and nutty flavour that brings life to dishes.



G4 Harissa Lamb Brown Rice Bowl with Roasted Veggies

Lamb mince cooked with a mild harissa paste served bowl-style with brown rice, cumin seed roasted veggies and fresh coriander.

 30 minutes

 4 servings

 Lamb

1 July 2022

Spice it your way!

If you are concerned about heat levels in the harissa paste, simply add half or serve the lamb with some natural yoghurt, or make a raita.

Per serve: **PROTEIN** 35g **TOTAL FAT** 12g **CARBOHYDRATES** 30g

FROM YOUR BOX

BROWN RICE	1 packet (300g)
RED ONION	1
GREEN CAPSICUM	1
ZUCCHINI	1
CHERRY TOMATOES	200g
LAMB MINCE	600g
HARISSA PASTE	1
CORIANDER	1 packet

FROM YOUR PANTRY

oil for cooking, salt, pepper, cumin seeds, red wine vinegar

KEY UTENSILS

frypan, saucepan, oven tray

NOTES

Most of our veggies come pre-washed, but it's always good to give them an extra rinse.



1. COOK THE RICE

Set oven to 220°C.

Place rice in a saucepan and cover with water. Bring to the boil and simmer for 15-20 minutes, or until tender. Drain and rinse.



2. ROAST THE VEGETABLES

Wedge red onion. Slice capsicum and dice zucchini. Toss on a lined oven tray along with cherry tomatoes, **oil, 3 tsp cumin seeds, salt and pepper**. Roast for 15 minutes until vegetables are tender.



3. COOK THE LAMB MINCE

Heat a frypan over medium-high heat. Add lamb and use cooking spoon to break apart. Cook, stirring occasionally, for 8-10 minutes until browning begins and fat begins to cook off.



4. ADD THE HARISSA

Add harissa paste and **1 cup water** into pan with lamb mince. Sauté for a further 3 minutes. Season with **3 tsp vinegar, salt and pepper**.



5. FINISH AND SERVE

Roughly chop coriander (including stems). Divide rice among shallow bowls. Top with roasted vegetables and harissa lamb. Garnish with coriander.

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**

