



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Lamb

Dirty Clean Food's lambs come from their WA farming partners. These farms tick ethical boxes; grass-fed and self-shedding, and a low-stress life with no shearing or mulesing.



## G4 Moroccan Lamb Stew with Sorghum

An easy, warm and hearty stew that's on the table in 25 minutes! Dirty Clean Food's lamb mince, cooked with aromatics and packed full of veggies, served over nutty sorghum.



25 minutes



4 servings



Lamb

26 August 2022

## Make it fancy!

*You can add dried apricots to the stew while cooking. Garnish with fresh coriander, flaked or slivered almonds and dollop over some natural yoghurt or baba ganoush.*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	36g	12g	20g

## FROM YOUR BOX

SORGHUM	1 packet (200g)
LAMB MINCE	600g
BROWN ONION	1
GREEN CAPSICUM	1
TOMATOES	3
KALE	1 bunch

## FROM YOUR PANTRY

pepper, ground paprika, ground cumin, ground turmeric, soy sauce (or tamari)

## KEY UTENSILS

large frypan, saucepan

## NOTES

To switch the spices up, try sumac, ground cinnamon, ground ginger, coriander seeds, cumin seeds or fennel seeds.



### 1. COOK THE SORGHUM

Place sorghum in a saucepan and cover with water. Bring to a boil and simmer for 15–20 minutes or until tender. Drain and rinse under cold water.



### 2. BROWN THE LAMB MINCE

Add lamb mince to a large frypan. Use back of a cooking spoon to break up. Cook, stirring occasionally, for 4–6 minutes until excess moisture begins to evaporate.



### 3. COOK THE VEGETABLES

Slice onion and add to pan along with **2 tsp cumin**, **3 tsp turmeric** and **3 tsp paprika** (see notes). Cook, stirring, for 2 minutes. Slice capsicum and wedge tomatoes. Add to pan as you go and cook for a further 2 minutes.



### 4. SIMMER THE STEW

Pour in **1 1/2 cups water** and simmer, semi-covered, for 8–10 minutes until vegetables are tender.



### 5. ADD THE KALE

Roughly chop kale leaves. Add to stew and stir through. Cook for further 1–2 minutes until kale leaves wilt. Season with **2 tbsp soy sauce** and **pepper**.



### 6. FINISH AND SERVE

Spoon sorghum into shallow bowls. Ladle over stew.

**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](mailto:hello@dinnertwist.com.au)

