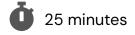




# **Turkish Lamb**

## on Yellow Rice

Savoury lamb mince with flavours of allspice, simmered with currants and slivered almonds, served on top of yellow rice and finished with a dollop of yoghurt.





2 servings



# Switch the Spice!

If you're not a fan of fragrant spices you can use ground cumin, paprika or a mild curry powder instead of the ground allspice.

TOTAL FAT CARBOHYDRATES

21g

44g

#### FROM YOUR BOX

BASMATI RICE	150g
LAMB MINCE	300g
BROWN ONION	1
CARROT	1
RED CAPSICUM	1
TOMATO PASTE	1 sachet
ALMOND AND CURRANT MIX	1 packet
NATURAL YOGHURT	1 tub
CHIVES	1 bunch

#### FROM YOUR PANTRY

oil for cooking, salt, pepper, ground turmeric, ground allspice

#### **KEY UTENSILS**

large frypan, saucepan with lid

#### **NOTES**

Instead of allspice, you can use ground cumin, curry powder, or smoked paprika for a different flavour.





#### 1. COOK THE RICE

Place rice, 1/8 tsp turmeric and a pinch of salt in a saucepan. Cover with 300ml water. Bring to a boil. Cover with a lid and reduce to lowest heat for 10-15 minutes. Remove from heat and stand for 5 minutes. Stir carefully with a fork.



#### 2. COOK THE LAMB

Heat a large frypan over medium-high heat with oil. Add lamb mince along with 1/2 tsp allspice (see notes). Dice and add onion. Cook for 5 minutes until beginning to brown.



#### 3. ADD THE VEGETABLES

Grate carrot and dice capsicum. Add to pan along with tomato paste and **1/4 cup water**. Stir in almond and currant mix. Cook for 6-8 minutes until reduced. Season with **salt and pepper** to taste.



### 4. FINISH AND SERVE

Slice chives.

Divide rice and lamb among shallow bowls. Garnish with a dollop of yoghurt and sliced chives



