



Product Spotlight: Yoghurt

Natural yoghurt contains good bacteria, known as "Probiotics", which can aid digestion and support a healthy digestive tract!



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.



25 minutes



2 servings



Lamb

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.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	41g	28g	76g

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	40g
NATURAL YOGHURT	1 tub
PARSLEY	1 packet

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**, **1/4 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 medium-low 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 **parsley**.

Divide **rice** and **lamb** among shallow bowls. Garnish with a dollop of **yoghurt** and **parsley**.



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