



Product Spotlight: Chives

Any leftover chives are delicious in a breakfast omelette! Wrap your chives in a damp paper towel or kitchen towel and store them in a plastic bag or container to prevent them from dehydrating.



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



4 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	21g	38g

FROM YOUR BOX

BASMATI RICE	300g
LAMB MINCE	600g
BROWN ONION	1
CARROT	1
RED CAPSICUM	1
TOMATO PASTE	2 sachets
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, **1/4 tsp turmeric** and a pinch of **salt** in a saucepan. Cover with **600ml 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 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 **1/2 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.



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