



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



4/6 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
4/6 Person:	40g	28g	77g/80g

FROM YOUR BOX

	4 PERSON	6 PERSON
BASMATI RICE	300g	300g + 150g
LAMB MINCE	600g	600g + 300g
BROWN ONION	1	1
CARROT	1	2
RED CAPSICUM	1	2
TOMATO PASTE	2 sachets	3 sachets
ALMOND AND CURRANT MIX	2 x 40g	3 x 40g
NATURAL YOGHURT	1 tub	1 tub
PARSLEY	1 packet	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 **600ml 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.

6P - place **rice**, **1/2 tsp turmeric** and a pinch of **salt** in a saucepan. Cover **rice** with **900ml water**.



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.

6P - use **1 1/2 tsp allspice** (see notes).



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.

6P - add to pan along with **tomato paste** and **3/4 cup water**.



4. FINISH AND SERVE

Slice **parsley**.

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



Scan the QR code to
submit a Google review!

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 **0440 132 826** or send an email to **hello@dinnertwist.com.au**

