



Product Spotlight: Baharat Spice Mix

Baharat means “spices” in Arabic and is a warm, aromatic blend often used with lamb. Our custom mix includes cumin, coriander, paprika, cinnamon and allspice for rich flavour without heat.



Pull-Apart Lamb

with Herbed Rice

Slow-cooked butterflied lamb with warm spices, golden herbed rice, lemon yoghurt and fresh cucumber tomato salad.

 30 minutes + 3–4 hours slow cook  Lamb  2 servings

Mix it up!

Serve everything in bowls, or wrap the lamb, rice, yoghurt and salad in flatbreads if you have some on hand.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	55g	34g	61g

FROM YOUR BOX

BROWN ONION	1
GARLIC CLOVE	1
BUTTERFLIED LAMB LEG	400g
BAHARAT SPICE MIX	1 tub
BASMATI RICE	150g
NATURAL YOGHURT	1 tub
MINT	1 bunch
LEBANESE CUCUMBER	1
TOMATO	1
LEMON	1

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, stock cube (of choice), ground turmeric

KEY UTENSILS

slow cooker (or casserole dish), large frypan, saucepan

NOTES

Add a splash more water if the dish looks dry. If the lamb juices look oily, spoon off a little fat before serving.

Baharat Spice Mix: cumin, coriander, paprika, garlic powder, cinnamon, allspice, turmeric, ginger, black pepper, cardamom.



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1. PREPARE THE BASE

Set slow cooker to high.

Slice **brown onion** and crush **garlic clove**. Add to slow cooker. Crumble in **1/2 stock cube** and add **1/2 cup water**.



2. BROWN THE LAMB

Mix **Baharat Spice Mix** with **1 tbsp oil**, and **salt**. Toss **lamb** with **marinade**. Brown in a frypan over medium-high heat for 2-3 minutes each side, until lightly coloured.

Place in slow cooker and cook for 3-4 hours, until tender and easy to pull apart.



3. MAKE THE LEMON YOGHURT

Finely chop **mint** to yield 1-2 tbsp. Combine with **yoghurt**, **juice of 1/2 lemon**, **salt** and **pepper**. Set aside in the fridge until serving.



4. COOK THE RICE

Place **basmati rice** and **1/4 tsp turmeric** in a saucepan, cover with **600ml water**. Bring to a boil, cover with a lid and reduce to medium-low. Cook for 10-15 minutes or until **water** is absorbed. Fluff with a fork.

6P – use **900ml water** for the rice.



5. MAKE THE CHOPPED SALAD

Dice **cucumbers** and **tomatoes**. Toss with **olive oil**, a **squeeze of lemon juice**, **salt** and **pepper**.



6. FINISH AND SERVE

Remove **lamb** from slow cooker, allow to rest for 5 minutes then pull apart with forks. Spoon over some **cooking juices**.

Chop **mint** and stir through the **rice**. Season with **salt** and **pepper**.

Serve **lamb** with **golden herbed rice**, **lemon yoghurt** and **chopped salad**.

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