



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  4/6 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
4/6 Person:	44g/49g	26g/31g	61g

FROM YOUR BOX

	4 PERSON	6 PERSON
BROWN ONION	1	1
GARLIC CLOVES	2	3
BUTTERFLIED LAMB LEG	700g	700g + 400g
BAHARAT SPICE MIX	1 tub	2 tubs
BASMATI RICE	300g	300g + 150g
NATURAL YOGHURT	1 tub	2 tubs
MINT	1 bunch	1 bunch
LEBANESE CUCUMBER	2	3
TOMATOES	2	3
LEMON	1	1

FROM YOUR PANTRY

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

KEY UTENSILS

slow cooker (or casserole dish), 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.



Scan the QR code to submit a Google review!



1. PREPARE THE BASE

Set slow cooker to high.

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

6P – add 1 1/2 cup water.



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.



2. BROWN THE LAMB

Mix **Baharat Spice Mix** with 1–2 **tblsp oil**, and **salt**. Halve or quarter **lamb** and toss 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.



5. MAKE THE CHOPPED SALAD

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



3. MAKE THE LEMON YOGHURT

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



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**.

How did the cooking go? Share your thoughts via **My Recipes** tab in your **Profile** and leave a review.
Something not right? Text us on **0440 132 826** or email **hello@dinnertwist.com.au**

