



Lamb Keema

with Rice

A fragrant and hearty dish featuring lamb mince cooked with aromatic spices, onion, tomatoes, and baby spinach, served over fluffy basmati rice.



30 minutes



4 servings



Lamb

FROM YOUR BOX

BASMATI RICE	300g
BROWN ONION	1
GINGER	1 piece
TOMATOES	2
LAMB MINCE	600g
BABY SPINACH	60g

FROM YOUR PANTRY

oil for cooking, salt and pepper, curry powder or paste

NOTES

You can add tinned chickpeas or lentils to this dish if you would like extra protein. Most Indian curry pastes will work well for this dish, otherwise curry powder or garam masala is also delicious.

1. COOK THE RICE

Place **rice** in a saucepan and cover with **600ml water**. Bring to a boil, cover, and reduce heat to medium-low. Cook for 10–15 minutes until tender. Remove from heat, let stand for 5 minutes, then fluff with a fork.

TIP *Stir through a pinch of turmeric or a stock cube for extra flavour.*

2. SAUTÉ THE AROMATICS

Heat **oil** in a pan over medium-high heat. Dice **onion**, peel and grate **ginger**, and wedge **tomatoes**. Sauté for 3–4 minutes until softened. Stir in **1–2 tbsp curry powder** and cook for 1 minute until fragrant.

TIP *Use coconut oil for extra richness. Add curry leaves if available. We added 2 tsp black mustard seeds.*

3. ADD LAMB

Add **lamb mince** to pan and cook for 6–8 minutes, breaking it up as you go. Stir in **1/4 cup water** and cook until combined. Add **baby spinach**, stirring until wilted. Season with **salt and pepper** to taste.

TIP *Stir in 1 tbsp tomato paste for depth of flavour. Add coconut milk to transform into a creamy curry if preferred.*

4. FINISH AND SERVE

Serve lamb keema with rice.

TIP *Garnish with a dollop of yoghurt, sliced chilli, toasted seeds or coconut.*

This recipe has simplified instructions to help lower your meal cost.