



Product Spotlight: Beetroot


Healthy & delicious WA beets are dense with nutrients such as potassium, magnesium, folate and vitamin C. They can help reduce blood pressure, improve circulation and are great for healthy eyes!



3 Middle Eastern Lamb Rice Bowl

Fragrant red rice with lightly spiced lamb and roast vegetables finished with a dollop of mint yoghurt and lemon.

 30 mins

 4 servings

 Lamb

29 March 2021

Spice it up!

You can add crushed garlic to the lamb mince or roast vegetables if you have some. Toasted flaked almonds or pine nuts also give the dish a nice touch!

Per serve: **PROTEIN** 37g **TOTAL FAT** 36g **CARBOHYDRATES** 74g

FROM YOUR BOX

RED RICE	300g
CARROTS	2
BEETROOTS	2
CHERRY TOMATOES	1 bag (200g)
BROWN ONION	1
LAMB MINCE	600g
MINT	1/2 bunch *
NATURAL YOGHURT	1 tub (200ml)
LEMON	1/2 *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, salt and pepper, sumac, ground cumin

KEY UTENSILS

large frypan, saucepan, oven tray

NOTES

Sumac can be replaced with zest from the lemon, ground coriander or cumin.

No lamb option – lamb mince is replaced with chicken mince.



1. COOK THE RICE

Set the oven to 220°C.

Place rice in a saucepan and cover with water. Bring to the boil and simmer for 15–20 minutes until tender. Drain and rinse.



2. ROAST THE VEGETABLES

Roughly chop carrots and beetroots. Toss on a lined oven tray with cherry tomatoes, **1 tsp sumac** (see notes), **oil, salt and pepper**. Roast in oven for 15–20 minutes or until cooked through.



3. COOK THE ONION

Heat a frypan with **oil** over medium–high heat. Dice onion and add to pan as you go. Cook for 5 minutes, stirring occasionally.



4. COOK THE LAMB

Add lamb and **1 1/2 tbsp cumin** to pan, cook for 5–8 minutes stirring. Season with **salt and pepper** and cook for a further 5 minutes.



5. MAKE THE DRESSING

Roughly chop mint leaves and combine 1/2 (reserve 1/2 for garnish) with yoghurt and **2 tbsp water**. Season with **salt and pepper**.



6. FINISH AND PLATE

Divide rice among bowls. Top with roast vegetables, lamb and a dollop of mint yoghurt dressing. Garnish with remaining mint leaves and serve with lemon wedges.

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 **0481 072 599** or send an email to hello@dinnertwist.com.au

