



Product Spotlight: Almonds

Almonds contain vitamins B2 and E. B2 helps digest and extract energy from the foods you eat, while E protects the cells from free radicals, formed when our bodies convert food we eat into energy.



3 Red Rice Lamb Pilaf

A fragrant lamb rice dish with flavours of allspice, topped with flaked almonds, parsley and finished with a squeeze of lemon.

 30 minutes

 4 servings

 Lamb

22 February 2021

Spice it up!

Add dried fruit like sultanas or currants to the rice for added sweetness. Add ground coriander or turmeric to the lamb as it cooks for extra flavour. Serve with a dollop of yoghurt at the end if you have some.

Per serve: **PROTEIN** 27g **TOTAL FAT** 31g **CARBOHYDRATES** 70g

FROM YOUR BOX

RED RICE	300g
BROWN ONION	1
CARROTS	2
ENGLISH SPINACH	1 bunch
FLAKED ALMONDS	1 packet (40g)
LAMB MINCE	400g
PARSLEY	1/2 bunch *
LEMON	1/2 *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

salt and pepper, ground allspice, garlic (1 clove), red wine vinegar

KEY UTENSILS

large frypan, saucepan

NOTES

You can soak the spinach in a bowl of water to remove excess sand before cooking.

If you don't have ground allspice you can use a combination of ground cinnamon, clove and cumin or you can substitute it with garam masala.

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



1. COOK THE RICE

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. PREPARE THE VEGGIES

Slice onion and grate carrots. Rinse and chop spinach (see notes). Keep separate.



3. TOAST THE ALMONDS

Add almonds to a dry frypan over medium heat. Toast for 3–4 minutes until golden. Remove from pan and set aside.



4. COOK LAMB & ONION

Reheat frypan over medium-high heat. Add lamb along with sliced onion and **3 tsp allspice**. Cook for 8–10 minutes until cooked through.



5. ADD RICE & VEGGIES

Add **1 crushed garlic clove**, cooked rice, spinach and carrot. Cook for 2–3 minutes until veggies have wilted. Take off heat, stir through **1 tbsp vinegar** and season with **salt and pepper**.



6. FINISH AND PLATE

Divide rice among bowls. Chop parsley and use to garnish along with toasted almonds. Serve with lemon wedge.

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

