

X4



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Moroccan Lamb

with Pearl Barley

A hearty one-pot dish featuring tender lamb mince simmered with aromatic spices, pearl barley, and vibrant vegetables. Finished with fresh kale and a zing of lemon.



40 minutes



4 servings



Lamb

FROM YOUR BOX

LAMB MINCE	600g
BROWN ONION	1
GINGER	1 piece
CARROTS	2
PEARL BARLEY	100g
TINNED CHOPPED TOMATOES	400g
LEMON	1
KALE LEAVES	4

FROM YOUR PANTRY

olive oil, ground turmeric, ground cumin, stock cube (of choice)

NOTES

For a hearty meal, serve the stew with some crusty bread.

No gluten option – pearl barley is replaced with white quinoa. Simmer for 15–20 minutes at step 3, until the quinoa and carrots are tender.

1. COOK THE LAMB

Heat a large frypan over medium–high heat with **olive oil**. Add **lamb mince** and cook for 5 minutes until sealed.

TIP *Use a heavy base pan if you have one.*

2. ADD THE AROMATICS

Dice **onion**, peel and grate **ginger**, slice **carrots**. Add all to pan along with **1 tsp turmeric** and **1 tbsp cumin**. Cook for 5 minutes until softened and fragrant.

TIP *Dice red capsicum and add it along with the other vegetables for extra colour and flavour.*

3. SIMMER THE STEW

Add **pearl barley**, **chopped tomatoes** and **1L water**. Crumble in **stock cube**. Add **lemon** zest and stir to combine. Semi–cover and simmer for 25–30 minutes until the barley and carrots are tender.

TIP *Simmer with a cinnamon quill or 1/2 tsp ground cinnamon, dried apricots or honey for sweetness.*

4. FINISH AND SERVE

Shred **kale** leaves and stir them through stew, cooking until wilted. Squeeze in 1/2 lemon juice (wedge remaining) Season to taste with **salt and pepper**. Serve stew with lemon wedges.

TIP *Top with a dollop of yoghurt or sprinkle with chopped fresh herbs, such as parsley or coriander, for added flavour.*

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