



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



4/6 servings



Lamb

## FROM YOUR BOX

	4 PERSON	6 PERSON
LAMB MINCE	600g	600g + 300g
BROWN ONION	1	2
GINGER	1 piece	2 pieces
CARROTS	2	3
PEARL BARLEY	100g	2 x 100g
CHOPPED TOMATOES	400g	2 x 400g
LEMON	1	1
KALE	1 bunch	1 bunch

## 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.

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## 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.

**6P** - use **2 tsp turmeric** and **1 1/2 tbsp cumin**.

**TIP** *Dice a 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.

**6P** - add **pearl barley**, **2 tins chopped tomatoes** and **1.2L water**.

**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** (use to taste) 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.**