

Middle Eastern Style Lamb Pilaf

with Dukkah Roasted Tenderstem® Broccoli

20 Minutes • Little Spice • 1 of your 5 a day







Basmati Rice







Garlic Clove





Flaked Almonds





Ras-el-Hanout



Ground Turmeric



Tenderstem® Broccoli



Dukkah Mix

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Saucepan, Sieve, Garlic Press, Zester, Frying Pan, Wooden Spoon, Baking Tray, Plate.

Ingredients

	2P	3P	4P
Basmati Rice	150g	225g	300g
Red Onion**	1	2	2
Garlic Clove	1	2	2
Lemon**	1	1	1
Mint**	1 bunch	1 bunch	1 bunch
Flaked Almonds 2)	15g	25g	25g
Lamb Mince**	200g	300g	400g
Ras-el-Hanout	1 sachet	1 sachet	2 sachets
Ground Turmeric	½ sachet	¾ sachet	1 sachet
Tenderstem® Broccoli**	80g	120g	150g
Dukkah Mix 1) 2) 3) 10)	1 sachet	1 sachet	2 sachets

*Not Included **Store in the Fridge

Nutrition

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

1) Peanut 2) Nut 3) Sesame 10) Celery

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

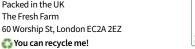
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Rice Rice Baby

- a) Preheat your oven to 200°C.
- b) Bring a large saucepan of water to the boil with 1/4 tsp of salt for the rice.
- c) When boiling, add the rice and cook for 12 mins.
- d) Drain in a sieve.



Prepare

- a) Meanwhile, halve, peel and thinly slice the red onion.
- **b)** Peel and grate the **garlic** (or use a garlic press).
- c) Zest the lemon and cut into wedges.
- d) Pick the mint leaves from their stalks and roughly chop (discard the stalks).



Lamb in the Pan

- a) Heat a medium frying pan on a medium-high heat (no oil).
- b) When hot, add the almonds and toast until golden, 2-3 mins, then remove.
- c) Return the pan to the heat. Add the lamb and the **sliced onion**. Use a spoon to break up the lamb.
- d) Cook, stirring occasionally, until the lamb has browned and the **onion** is tender, 5-6 mins. **IMPORTANT:** The mince is cooked when no longer pink in the middle. Wash your hands after handling raw mince.
- e) Add the garlic, ras-el-hanout and turmeric and cook for a further 1 min. Stir well and season to taste with salt and pepper.



Roast the Broccoli

- a) Pop the **broccoli** onto the tray with a drizzle of oil, season with salt and pepper and toss well to coat.
- **b)** Roast on the top shelf of your oven until tender and starting to char, 10-12 mins.



Spice Up your Life

- a) Once the rice is cooked, add it to the pan with the lamb.
- **b)** Mix well to evenly coat the **rice** in the **spices**.
- c) Add the lemon zest and a squeeze of lemon juice.
- d) Taste and season with salt and pepper and more lemon juice if needed.



Time to Serve

- a) Share the lamb pilaf between your plates.
- b) Pop the roasted broccoli on the side and sprinkle the **dukkah** over it.
- c) Finally, sprinkle the almonds and mint over the pilaf.
- d) Serve with any remaining lemon wedges alongside.

Enjoy!