



SPICED LAMB MEATBALLS STEW

with Cumin Rice and Coriander



HELLO CUMIN

Cumin was used in Ancient Egypt not only as a spice but also as a preservative in mummification!



Lamb Mince



Middle Eastern Style Spice Mix



Green Pepper



Cumin Seeds



Finely Chopped Tomatoes with Garlic & Onion



Chicken Stock Powder



Basmati Rice



Coriander

Richly spiced, slightly fruity and packed with fragrant, fresh flavours, this thirty minute stew proves that you don't have to have time on your side to create show stopping dishes. Packing in two of your five-a-day, this crowd-pleasing recipe is the perfect thing to rustle up if you need to up your veggie intake in double quick time.

30 mins

1.5 of your 5 a day

Medium heat

MEAL BAG

2

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Mixing Bowl**, **Large Frying Pan** (with a **Lid**), **Measuring Jug** and **Large Saucepan** (with a **Lid**). Now, let's get cooking!



1 BROWN THE MEATBALLS

In a mixing bowl, combine the **lamb mince**, **Middle Eastern spice mix** and a pinch of **salt** and **pepper**. Shape into 3-4 **meatballs** per person. **★ TIP:** *Make sure the meatballs are rolled well so that they stick together!*
❗ IMPORTANT: *Remember to wash your hands and equipment after handling raw meat!* Heat a splash of **oil** in a large frying pan on medium-high heat. When hot, add the **meatballs**. Fry until browned all over, turning frequently, 5-7 mins.



2 SIMMER THE STEW

Meanwhile, halve the **pepper**, remove the core and seeds and chop into 2cm chunks. When the **meatballs** are browned, add the **pepper** and **half** the **cumin seeds**. Stir-fry for 3 mins, until the **pepper** has softened. Pour in the **chopped tomatoes**, **half** the **stock powder**, **water** (see ingredients for amount) and bring to the boil. Stir, reduce the heat, cover the pan with a lid or foil and simmer for 15-20 mins. Stir occasionally.



3 COOK THE RICE

Heat a large saucepan over medium heat and add the remaining **cumin seeds** (no oil). Toast in the pan for 2 mins, then add the **rice**, **water** (see ingredients for amount) and remaining **stock powder**. Stir and bring to the boil, reduce the heat to medium-low and cover with a lid. Cook for 10 mins, then remove from the heat and set aside (still covered) for another 10 mins. **★ TIP:** *The rice will finish cooking in its own steam.*



4 FINISH THE PREP

Roughly chop the **coriander** (stalks and all) and keep to one side. Quickly do any washing up that needs doing.



5 THICKEN THE STEW

When the **meatballs** have been cooking for 15 mins, remove the lid or foil, increase the heat to medium-high and leave to bubble away until the sauce is thick and tomatoey, another 5 mins. **❗ IMPORTANT:** *The meatballs are cooked when they are no longer pink in the middle.*



6 SERVE

When the **rice** is cooked, fluff it up with a fork and stir through **half** the **coriander**. Share between your bowls. Reheat the **meatball stew** if necessary and spoon on top of the **cumin rice**. Finish with a sprinkling of remaining **coriander**. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Lamb Mince *	200g	300g	400g
Middle Eastern Style Spice Mix	1 small pot	¾ large pot	1 large pot
Green Pepper *	1	2	2
Cumin Seeds	1 small pot	1 small pot	1 large pot
Finely Chopped Tomatoes with Garlic & Onion	1 carton	1½ cartons	2 cartons
Chicken Stock Powder	1 sachet	1½ sachets	2 sachets
Water for the Sauce*	100ml	150ml	200ml
Basmati Rice	150g	225g	300g
Water for the Rice*	300ml	450ml	600ml
Coriander *	1 bunch	1 bunch	1 bunch

*Not Included * Store in the Fridge

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 465G	PER 100G
Energy (KJ/kcal)	2383/ 570	512/ 123
Fat (g)	16	3
Sat. Fat (g)	6	1
Carbohydrate (g)	75	16
Sugars (g)	14	3
Protein (g)	28	6
Salt (g)	2.74	0.59

Nutrition for uncooked ingredients based on 2 person recipe.

🧼 Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

👍 THUMBS UP OR THUMBS DOWN?

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