



More Than Food
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Fragrant Lamb Pilaf with Spinach, Apricots and Minted Yoghurt

Our chef André has created this tasty lamb pilaf and given it a hearty boost with the addition of lentils. Lentils are a great filler in a dish, as they are packed full of fibre. The type of fibre found in lentils has fantastic benefits for heart and digestive health as well as keeping blood sugar levels stable. This dish also has a delicious flavour profile with zingy, minty yoghurt and hints of sweetness from the dried apricot.



45 mins



3 of your 5 a day



mealkit



spicy



Lamb Mince
(250g)



Red Onion
(1)



Ras-el-Hanout
(1½ tsp)



Turmeric
(½ tsp)



Basmati Rice
(150g)



Water
(300ml)



Chicken Stock Pot
(1)



Garlic Clove
(1)



Dried Apricots
(40g)



Mint
(1 bunch)



Lentils
(1 tin)



Baby Spinach
(1 bag)



Natural Yoghurt
(1 pot)



Lemon
(½)

2 PEOPLE INGREDIENTS

- Lamb Mince **250g**
- Red Onion, chopped **1**
- Ras-el-Hanout **1½ tsp**
- Turmeric **½ tsp**
- Basmati Rice **150g**
- Water **300ml**
- Chicken Stock Pot **1**
- Garlic Clove, grated **1**
- Dried Apricots, chopped **40g**
- Mint, shredded **1 bunch**
- Lentils **1 tin**
- Baby Spinach **1 bag**
- Natural Yoghurt **1 pot**
- Lemon **½**

 Our fruit and veggies may need a little wash before cooking!

Did you know...

Pilaf has historical references as far back as 330 BC, when a feast was held in honour of Alexander the Great's capture of Samarkand.

Allergens: Milk, Sulphites.

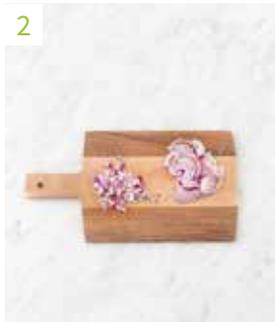
Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbohydrate	Sugars	Protein	Salt
Per serving	630 kcal / 2659 kJ	17 g	7 g	80 g	13 g	40 g	2 g
Per 100g	98 kcal / 413 kJ	3 g	1 g	12 g	2 g	6 g	0 g

Chicken Stock Pot Ingredients: Water, Yeast Extract, Salt, Sugar, Stabiliser: Tara Gum, Dried Chicken, Natural Flavouring, Onion Juice, Ground Turmeric, Ground Sage, Ground White Pepper, Antioxidant: Rosemary Extract



1 Heat a large frying pan over medium-high heat and add the **lamb mince**. Brown your **lamb** for 8-10 mins, breaking it up with a wooden spoon as it cooks.



2 While your lamb cooks, get on with the rest of your prep. Cut the **red onion** in half through the root. Peel and then chop half of your **onion** into small chunks. Slice the rest of your **onion** into thin half moon shapes and keep to one side. When your **lamb** has been cooking for 8-10 mins and is brown, add your **onion chunks** and cook for another 5 mins. Season with **salt** and **black pepper** then after 5 mins add the **ras-el-hanout** and half of the **turmeric** and cook for 1 minute more.



3 Next, add the **basmati rice** and stir well to make sure your rice is nicely coated in all of the **spices**. Then add the **water** (amount specified in the ingredient list).

4 Bring to the boil and add the **chicken stock pot**. Lower the heat until it's simmering gently and then pop the lid on. Cook for 10 mins then remove from the heat. Leave for 10 mins off the heat to allow your **rice** to finish cooking in its own steam. This is your pilaf.



5 Peel and grate the **garlic**. Chop the **dried apricots** into small chunks. Pick the **mint leaves**, discard the stalks and finely shred the **leaves**. Drain the **lentils** in a colander and rinse under cold water. Keep to one side.

6 Heat another frying pan over medium heat and add a splash of **oil**. Add your **onion slices** and cook for 5 mins, stirring frequently to make sure they don't burn. Add the **baby spinach** and cook for 2 mins before adding your **garlic**.

7 Cook until your **spinach** has completely wilted then stir in your **lentils**. Carry on cooking until your **lentils** are piping hot. Season to taste with **salt** and **black pepper**.

8 Mix half your **mint** into the **yoghurt** and add a pinch of your remaining **turmeric**. Mix well and add a pinch of **salt** and a good grind of **black pepper**.

9 When your **pilaf** has finished cooking, fluff it up with a fork and then carefully add your **lentil mixture** and **dried apricots** to your **pilaf**. Add your remaining **mint** and a squeeze of **lemon juice**. Taste and add more **salt**, **black pepper** and **lemon juice** if necessary.

10 Serve your **lamb pilaf** in deep bowls with a generous dollop of your **minty yoghurt** and enjoy!

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!