



Indian-Spiced Lamb with Pilau and Coriander Butter

 30-40min  4 Portions

Fancy Indian flavours without the heaviness of a curry? Try our grilled garam masala lamb steaks with cumin-laced lentil pilau. Served with crisp, fragrant curry leaves, garlic and coriander butter and caramelised lemon wedges to squeeze over, it doesn't get simpler or cleaner than this protein-rich dinner.

What we send

- lentils
- lemon
- garlic, ginger, coriander, curry leaves, shallot
- lean lamb leg steaks
- vegetable stock cubes
- basmati rice
- cumin seeds
- garam masala ¹⁷

What you'll require

- butter ⁷
- olive oil
- sea salt and pepper
- water

Utensils

- baking paper
- foil
- medium saucepan
- oven tray
- paper towel
- sieve

Our veggies come straight from the farm, so please wash them before cooking.

Allergens

Milk (7), Sulphites (17). May contain traces of other allergens.

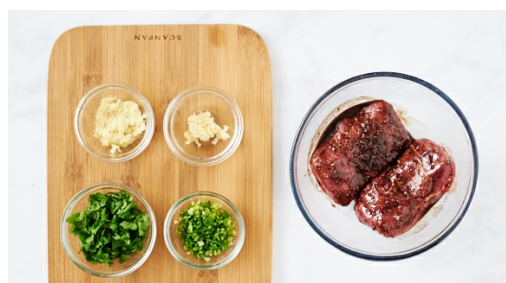
Nutrition per serving

Energy 710.0kcal, Fat 28.5g, Proteins 39.2g, Carbs 70.4g



1. Prepare ingredients

Preheat the oven to 220C. Line an oven tray with baking paper. Finely chop the **shallot**. Finely grate the **lemon** rind, then cut the **lemon** into wedges. Rinse and drain the **lentils** in a sieve. Wash the **rice** in a sieve until the water runs clear, then shake dry.



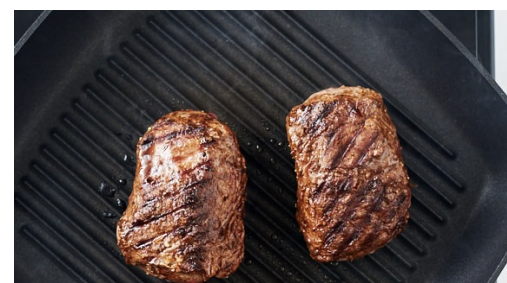
4. Marinate lamb

Meanwhile, crush or finely chop the **garlic**. Peel and finely grate the **ginger**. Finely chop the **coriander**, including the stems, keeping stems and leaves separate. Combine **remaining oil, garam masala, salt and pepper** in a bowl. Add the **lamb** and turn to coat.



2. Fry curry leaves

Heat **1 tbs oil** in a medium saucepan over medium heat. Carefully add the **curry leaves** and cook, tossing, for 2 mins or until crisp. Remove with a slotted spoon and drain on paper towel. Add the **butter** to the pan and melt over medium heat, then transfer to a bowl.



5. Cook lamb

Heat a chargrill pan over medium-high heat. Chargrill **lamb** for 2 mins each side. Transfer to the lined tray and cook in the oven for 6 mins for medium-rare or longer until cooked to your liking. Loosely cover with foil and set aside to rest for 5 mins. Meanwhile, chargrill **lemon wedges** in the pan over medium-high heat for 1-2 mins until charred.



3. Cook pilau

Heat **1 tbs oil** in the same pan over medium heat. Add **shallot, lemon zest** and **cumin seeds**. Stir for 2 mins or until shallot softens. Add **rice** and stir well to coat. Crumble in **stock cubes** and add the **water** (see staples list). Bring to the boil, cover with a lid and cook for 12 mins or until rice is tender.



6. Get ready to serve

Stir the **lentils** and **coriander stems** through the rice. Thinly slice the **lamb**. Stir the **garlic, ginger** and **coriander leaves** through the melted butter. Divide the pilau among plates, top with the lamb and scatter over the curry leaves. Serve with the coriander butter and the chargrilled lemon wedges.