

MARLEY SPOON



Masala Lamb and Lentils

with Broccoli 'Rice'



30-40min



4 Portions

This recipe is based on lamb dhansak, an Indian dish of Persian and Gujarati origin, but instead of using a large cut of meat and dried lentils, we've used diced lamb leg and canned lentils to speed up the cooking time. We've also teamed this aromatic curry with grated broccoli instead of rice, making this Indian dinner a fantastically vibrant carb-free, high-protein option.

What we send

- grass-fed diced lamb leg
- garam masala ¹⁷
- brown onions
- garlic, ginger, mint
- broccoli
- lentils
- Greek-style yoghurt ⁷

What you'll require

- sea salt and pepper
- vegetable oil
- water

Utensils

- large frypan
- sieve

Our vegies come fresh from the farm, so please wash them before use.

Allergens

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

Nutrition per serving

Energy 455kcal, Fat 19.4g, Carbs 22.4g, Proteins 43.6g



1. Prepare ingredients

Thinly slice the **onions**. Crush or finely chop the **garlic**. Peel and finely grate the **ginger**. Trim and cut the **lamb** into 1.5 cm chunks.



2. Cook aromatics

Heat **2 tbs oil** in a large deep frypan over medium heat. Add the **garam masala**, **onion**, **garlic**, and **ginger** and *salt*, and cook, stirring, for 3-5 mins until slightly softened and fragrant.



3. Cook lamb

Increase heat to high, add the **lamb** seasoned with salt, and stir for 2 mins or until starting to brown. Add the **water** (see staples list), cover with a lid and reduce heat to low. Cook for 15 mins or until the lamb is tender.



4. Prepare broccoli 'rice'

Meanwhile, using a food processor, knife or box grater, finely chop or coarsely grate the **broccoli** until it resembles coarse breadcrumbs. Pick the **mint** leaves, discarding the stems, and tear any larger leaves, reserving a few leaves to serve.



5. Cook broccoli 'rice'

Heat **1 tbs oil** in a large frypan over medium-high heat and cook **broccoli** for 1-2 mins until lightly cooked. Season with **salt**. Cover and keep warm. Combine **half the mint** with the **yoghurt** and season with **salt**.



6. Get ready to serve

Drain the **lentils** in a sieve, stir into the lamb mixture and cook over low heat for 2 mins. Season to taste with **salt**. Stir in the remaining **mint**. Divide broccoli 'rice' among plates and top with the masala lamb. Scatter over the **reserved mint leaves** and serve with the yoghurt sauce.