



FAST

Lamb and Burghul Pilaf

with Baharat Spice and Cranberries



20-30min



2 Portions

Burghul brings nutty flavour and bite to more than just tabouleh. Here, it's combined with lamb that's pan-fried with aromatic baharat, garlic and onion for a cheat's pilaf. Simply add fresh mint, dried cranberries and shaved zucchini for a healthy dinner in a flash.

What we send

- burghul ¹
- lemon
- baharat spice blend
- dried cranberries
- baby spinach leaves
- zucchini
- lamb mince
- mint
- 1 garlic clove

What you'll require

- boiling water
- extra virgin olive oil
- mustard ¹⁰
- olive oil
- sea salt and pepper
- sugar

Utensils

- fine grater
- medium frypan
- vegetable peeler

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

Cooking tip

Due to extreme weather conditions across different growing regions we were unable to send coriander, as pictured. But don't worry the dish will be just as delicious with mint!

Allergens

Gluten (1), Mustard (10). May contain traces of other allergens.

Nutrition per serving

Energy 595kcal, Fat 23.7g, Carbs 50.4g, Proteins 38.8g



1. Cook burghul

Put the **burghul** in a heatproof bowl, pour in **200ml boiling water**, cover the bowl with a plate or plastic wrap and stand for 5-8 mins until the water has absorbed. Fluff the grains with a fork.



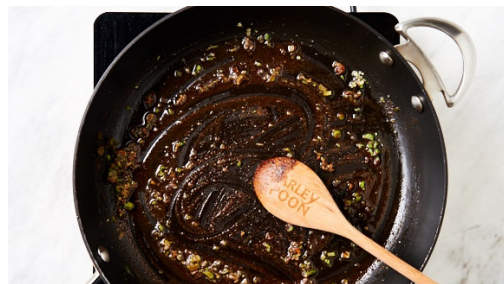
2. Make dressing

Meanwhile, finely grate the zest of **half the lemon**, then juice the half (the remaining lemon won't be used in this dish). Put the **lemon zest, lemon juice, 1 tbs extra virgin olive oil, 1 tsp Dijon mustard** and **½ tsp sugar** in a bowl, season with **salt and pepper** and whisk to combine.



3. Prepare ingredients

Peel the **zucchini** into ribbons with a vegetable peeler. Put the zucchini and **half the dressing** in a bowl, toss to combine, then set aside. Coarsely chop the **garlic**. Finely chop the **mint**, discarding the stems (see cooking tip).



4. Start pilaf

Heat **1 tbs olive oil** in a medium deep frypan over medium heat. Cook the **garlic** and **2 tsp baharat spice blend** (any remaining spice blend won't be used in this dish), stirring, for 30 secs or until fragrant.



5. Add lamb and burghul

Add the **lamb mince** to the pan, increase the heat to high and cook, breaking up the lumps with a spoon, for 4 mins or until browned. Reduce the heat to medium, then stir in the **burghul, cranberries** and **mint**. Season with **salt and pepper**.



6. Get ready to serve

Divide the **zucchini** among plates, reserving any dressing in the bowl. Add the **remaining lemon dressing**, any dressing from the bowl and the **spinach** to the pilaf and toss to combine. Divide the **lamb pilaf** among plates to serve.