



Persian Lamb

with Green Pea and Pistachio Rice



20-30min



2 Portions

Dive into the aromatic flavours of Iranian cuisine with this speedy Persian-style pilaf. A blend of aromatic cumin and coriander coats tender slices of lamb, while turmeric and lemon zest bring colour and tang to rice studded with sweet raisins, green peas and toasted pistachios. Drizzle over creamy yoghurt for an irresistible final touch.

What we send

- lamb leg steaks
- pistachios ¹⁵
- basmati rice
- peas
- cumin and coriander spice blend
- parsley
- onion
- tumeric
- lemon
- Greek-style yoghurt ⁷
- raisins

What you'll require

- olive oil
- sea salt and pepper
- water

Utensils

- medium frypan
- medium saucepan

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

Allergens

Milk (7), Tree Nuts (15). May contain traces of other allergens.

Nutrition per serving

Energy 740kcal, Fat 20.0g, Carbs 90.6g, Proteins 43.0g



1. Marinate lamb

Bring **1L (4 cups) water** to the boil in a medium saucepan for the rice. Meanwhile, put **2 tsp olive oil** and **half the spice blend** (reserve remainder for another use) in a large bowl, season with **salt and pepper** and stir to combine. Add the **lamb** and stir to coat.



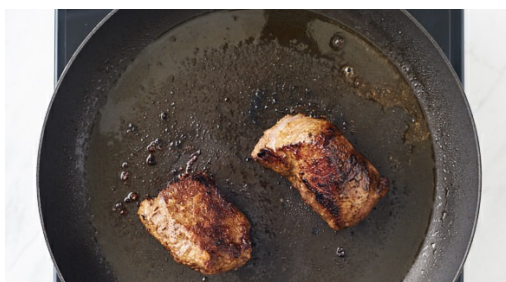
2. Cook rice

Cook the **rice** in the pan of boiling water for 12 mins or until tender. Drain, set aside and keep warm. While the rice is cooking, finely grate the zest of **half the lemon**, then juice the half (reserve remaining half for another use).



3. Prepare ingredients

Put the **pistachios** in a cold medium frypan over medium heat. Toast, tossing, for 3-4 mins until evenly golden. Remove from the pan. Coarsely chop the **parsley**, including the stems. Halve and thinly slice the **onion**. Coarsely chop the **raisins**.



4. Cook lamb

Heat **2 tsp olive oil** in the frypan over high heat. Cook the **lamb**, turning, for 4-6 mins until cooked to your liking. Remove from pan and set aside for 5 mins to rest.



5. Finish rice


Rinse out and dry the pan the rice was cooked in. Heat **2 tsp olive oil** in the pan over medium heat. Cook the **onion** and **tumeric**, stirring, for 3-4 mins until the onion is lightly softened. Add the **rice**, **peas**, **pistachios**, **lemon zest and juice**, **raisins** and **parsley**. Stir for 1-2 mins until heated through. Season with **salt and pepper**.



6. Get ready to serve

Thinly slice the **lamb**. Divide the **rice** and lamb among plates and serve with the **yoghurt**.

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 **Packed in Australia from at least 25% Australian ingredients**