



## Persian Lamb

with Green Pea and Pistachio Rice



20-30min



4 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

- Greek-style yoghurt <sup>7</sup>
- onion
- lemon
- cumin and coriander spice blend
- lamb leg steaks
- basmati rice
- green peas
- parsley
- ground turmeric
- raisins
- pistachios <sup>15</sup>

## What you'll require

- sea salt and pepper
- vegetable oil
- water

## Utensils

- medium frypan
- medium saucepan

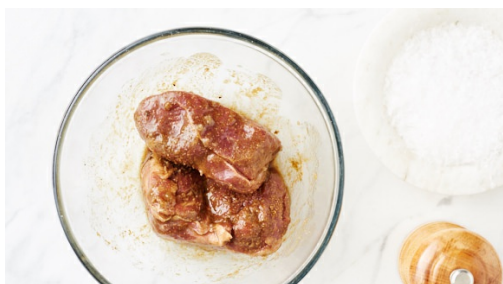
Our vegies come fresh from the farm, so please wash them before use.

## Allergens

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

## Nutrition per serving

Energy 695kcal, Fat 16.9g, Carbs 88.5g, Proteins 41.2g



### 1. Marinate lamb

Bring **1.5L (6 cups) water** to the boil in a large saucepan for the rice. Meanwhile, put **1 tbs olive oil** and the **spice blend** in a large bowl, season with **salt and pepper** and stir to combine. Add the **lamb** and stir to coat.



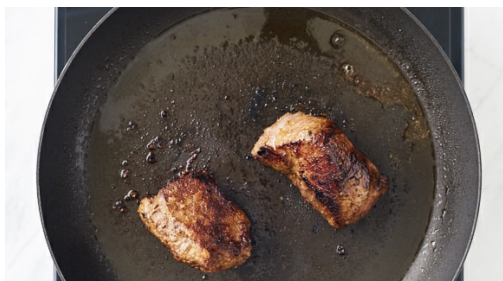
### 2. Cook rice

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 **lemon** zest, then juice.



### 3. Prepare ingredients

Put the **pistachios** in a cold large 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 **onions**. Coarsely chop the **raisins**.



### 4. Cook lamb

Heat **1 tbs 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 **1 tbs olive oil** in the pan over medium heat. Cook the **onion** and **turmeric**, 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**.