

# MARLEY SPOON



## Speedy Thai-Style Lamb

with Broccoli and Steamed Jasmine ...



20-30min



2 Portions

We've paired perennial favourites, Thai flavours and Australian lamb, in a dish that's on the table in 30 minutes, max. Aromatic ginger, garlic and fish sauce work with fresh mint and fragrant jasmine rice to create this low-stress dinner, that will be a winner for cooks and diners alike.



## What we send

- mint, bird's eye chilli, garlic
- fish sauce<sup>4</sup>
- ground coriander
- ginger
- broccoli
- peas
- lamb mince
- jasmine rice

## What you'll require

- sugar
- vegetable oil
- water
- white vinegar

## Utensils

- fine grater
- small saucepan
- small saucepan with lid

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

## Cooking tip

Add the chilli to your taste, or leave it out completely and serve at the table for those who like heat.

## Allergens

Fish (4). May contain traces of other allergens.

## Nutrition per serving

Energy 685kcal, Fat 20.7g, Carbs 71.6g, Proteins 47.0g



**1. Cook rice**

Rinse the **rice** until the water runs clear. Put in a small saucepan with **250ml (1 cup) water**, cover and bring to a simmer over medium heat. Reduce the heat to low and cook for 12 mins or until tender and the water has absorbed. Turn off the heat and stand, covered, for at least 5 mins.



**4. Stir-fry lamb**

Heat **1 tbs vegetable oil** in a large, deep frypan over high heat. Stir-fry the **garlic, ginger, chilli** (see cooking tip) and **½ tsp ground coriander** (the remaining ground coriander won't be used in this dish) for 10-15 secs until aromatic. Add the **lamb** and stir-fry for 2-3 mins until browned.



**2. Prepare vegetables**

While the rice cooks, bring a small saucepan of water to the boil for the peas. Crush or finely chop the **garlic**. Finely chop the **chilli**, removing the seeds if less heat is desired. Peel and finely grate the **ginger**. Trim and peel the **broccoli** stem and coarsely chop. Cut the head into small florets.



**5. Cook vegetables**

Reduce the heat to medium. Add the **broccoli** and **60ml (¼ cup) water** and cook for 2 mins. Add the **peas** and **sauce** and cook, stirring regularly, for 2 mins or until the vegetables are tender.



**3. Make sauce**

Put **1½ tbs fish sauce** (the remaining fish sauce won't be used in this dish), **2 tsp white vinegar** and **2 tsp sugar** in a small bowl and stir until the sugar dissolves. Cook the **peas** in the pan of boiling water for 2 min or until just tender. Drain.



**6. Get ready to serve**

Tear or coarsely chop the **mint** leaves, discarding the stems. Divide the **rice, lamb and vegetables** among bowls. Scatter with the **mint** leaves to serve.