



# QCOOK

## Lebanese Lamb & Cannellini Bean Stew

with piquanté peppers, cumin & fresh parsley

**Hands-on Time:** 25 minutes

**Overall Time:** 50 minutes

**Fan Faves:** Serves 3 & 4

**Chef:** Ella Nasser

**Wine Pairing:** Deetlefs Wine Estate | Deetlefs Stonecross Cabernet Sauvignon

### Nutritional Info

	Per 100g	Per Portion
Energy	613kJ	3385kJ
Energy	147kcal	810kcal
Protein	6.8g	37.6g
Carbs	17g	93g
of which sugars	2.6g	14.2g
Fibre	2g	10.9g
Fat	5.8g	32.2g
of which saturated	2.3g	12.5g
Sodium	140mg	773mg

**Allergens:** Sulphites, Allium

**Spice Level:** None

Eat Within 4 Days

## Ingredients & Prep Actions:

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Serves 3	[Serves 4]	
225ml	300ml	White Basmati Rice <i>rinse</i>
450g	600g	Free-range Lamb Chunks
2	2	Onions <i>peel &amp; finely dice 1½ [2]</i>
45ml	60ml	Spice Mix <i>(15ml [20ml] Ground Cumin, 15ml [20ml] Ground Cinnamon &amp; 15ml [20ml] NOMU Moroccan Rub)</i>
300g	400g	Cooked Chopped Tomato
15ml	20ml	Beef Stock
180g	240g	Cannellini Beans <i>drain &amp; rinse</i>
30g	40g	Piquanté Peppers <i>drain &amp; roughly chop</i>
8g	10g	Fresh Parsley <i>rinse, pick &amp; roughly chop</i>

## From Your Kitchen

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Oil (cooking, olive or coconut)  
Seasoning (salt & pepper)  
Water  
Sugar/Sweetener/Honey  
Paper Towel

**1. READY THE RICE** Boil the kettle. Place the rice in a pot with 450ml [600ml] of salted water. Cover and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 8-10 minutes. Remove from the heat and set aside to steam, 8-10 minutes. Fluff with a fork and cover.

**2. LEBANESE STEW** Pat the lamb dry with paper towel. Place a pot over medium heat with a drizzle of oil. When hot, fry the lamb until browned, 3-4 minutes (shifting occasionally). Add the onion and the spice mix. Fry until soft, 4-5 minutes (shifting occasionally). Add the cooked chopped tomato, the stock, and 600ml [800ml] of boiling water. Simmer until thickened, 20-25 minutes (stirring occasionally).

**3. BEANS & PEPPERS** When the stew has 5 minutes remaining, add the cannellini beans and the peppers. Season and add a sweetener (to taste). Set aside.

**4. COME AND GET IT** Plate up a helping of the fluffy rice and side with the flavourful lamb and bean stew. Sprinkle over the parsley. Enjoy, Chef!