



# UCOOK

## Lebanese Spiced Lamb Mince & Rice

with tzatziki & a sumac salad

Traditionally known as Hashweh, this decadent dish is made up of fragrant cinnamon-spiced lamb mince and rice. It is served with a zesty fattoush-style salad tossed with sumac and mint, and is topped with toasted almonds and crispy onions for some fabulous texture. This is one dish you'll want to make again and again!

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**Hands-On Time:** 25 minutes

**Overall Time:** 35 minutes

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**Serves:** 4 People

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**Chef:** Ella Nasser

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 Quick & Easy

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 Boschendal | 1685 Shiraz

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## Ingredients & Prep

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600g	Free-range Lamb Mince
400ml	White Basmati Rice <i>rinsed</i>
30ml	Ground Cinnamon
40g	Flaked Almonds
2	Tomatoes
4	Spring Onions
80g	Radish
20ml	Sumac Spice
15g	Fresh Mint <i>rinsed, picked &amp; roughly chopped</i>
2	Lemons <i>zested &amp; cut into wedges</i>
170ml	Tzatziki
60ml	Crispy Onions

## From Your Kitchen

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Oil (cooking, olive or coconut)  
Salt & Pepper  
Water

**1. CINNAMON LAMB & RICE** Place a pot over a high heat with a drizzle of oil. When hot, add the mince and work quickly to break it up as it starts to cook. Allow to caramelise for 5-6 minutes until browned, shifting occasionally. Add the rinsed rice and the ground cinnamon. Submerge in 600ml of salted water and pop on the lid. Once boiling, reduce the heat and simmer for 8-10 minutes until most of the water has been absorbed. Keeping the lid on, remove from the heat and set aside to steam for a further 10 minutes. On completion, drain if necessary and fluff up with a fork. Season to taste.

**2. TOASTED ALMONDS** Place the flaked almonds in a pan over a medium heat. Toast for 3-5 minutes until golden brown, shifting occasionally. Remove from the pan on completion and set aside for serving.

**3. FATTOUSH-STYLE SALAD** While the rice is steaming, roughly dice the tomatoes, finely slice the spring onions, and slice the radish into rounds. In a bowl, combine the diced tomato, the radish rounds, the spring onion slices, the sumac, ½ the chopped mint, the lemon zest, a squeeze of lemon juice (to taste), a drizzle of oil, and seasoning.

**4. HASHWEH HAPPINESS** Plate up a hearty portion of the cinnamon-spiced lamb and rice. Top with dollops of the tzatziki. Sprinkle over the toasted almonds, the crispy onions, and the remaining mint. Side with the fattoush-style salad. Serve any remaining lemon wedges on the side. Tuck in, Chef!

## Nutritional Information

Per 100g

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Energy	722kj
Energy	173Kcal
Protein	10.1g
Carbs	17g
of which sugars	1.9g
Fibre	1.9g
Fat	7.5g
of which saturated	2.6g
Sodium	63mg

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## Allergens

Gluten, Dairy, Allium, Wheat, Sulphites,  
Tree Nuts

Cook  
within 3  
Days