



QCOOK

Lebanese Lamb & Cannellini Bean Stew

with piquanté peppers, cumin & fresh parsley

Hands-on Time: 20 minutes

Overall Time: 45 minutes

Fan Faves: Serves 1 & 2

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:

Serves 1	[Serves 2]	
75ml	150ml	White Basmati Rice <i>rinse</i>
150g	300g	Free-range Lamb Chunks
1	1	Onion <i>peel & finely dice ½ [1]</i>
15ml	30ml	Spice Mix <i>(5ml [10ml] Ground Cumin, 5ml [10ml] Ground Cinnamon & 5ml [10ml] NOMU Moroccan Rub)</i>
100g	200g	Cooked Chopped Tomato
5ml	10ml	Beef Stock
60g	120g	Cannellini Beans <i>drain & rinse</i>
10g	20g	Piquanté Peppers <i>drain & roughly chop</i>
3g	5g	Fresh Parsley <i>rinse, pick & roughly chop</i>

From Your Kitchen

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 150ml [300ml] 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, 3-4 minutes (shifting occasionally). Add the cooked chopped tomato, the stock, and 200ml [400ml] of boiling water. Simmer until thickened, 15-20 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!