



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!

Hands-On Time: 20 minutes

Overall Time: 35 minutes

Serves: 3 People

Chef: Ella Nasser

 Quick & Easy

 Boschendal | 1685 Shiraz

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Ingredients & Prep

450g	Free-range Lamb Mince
300ml	White Basmati Rice <i>rinsed</i>
22,5ml	Ground Cinnamon
30g	Flaked Almonds
2	Tomatoes
3	Spring Onions
60g	Radish
15ml	Sumac Spice
12g	Fresh Mint <i>rinsed, picked & roughly chopped</i>
2	Lemons <i>1½ zested & cut into wedges</i>
125ml	Tzatziki
45ml	Crispy Onions

From Your Kitchen

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 450ml 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

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

Allergens

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

Cook
within 3
Days