



UCOOK

Lebanese Lamb & Cannellini Bean Stew

with piquanté peppers, cumin & fresh parsley

This Lebanese stew is traditionally called Fasoolia Baida, which translates to white beans. Our hearty and rich version is made with cannellini beans, chunks of tender lamb, and a fragrant tomato sauce. A perfect dish for colder nights!


Hands-on Time: 15 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Ella Nasser

Fan Faves

 Paardenkloof Wines | Paardenkloof "Die Fynboshuis" Cabernet Sauvignon

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Ingredients & Prep

75ml	White Basmati Rice <i>rinse</i>
160g	Free-range Lamb Chunks <i>cut into bite-sized pieces</i>
1	Onion <i>peel & finely dice ½</i>
10ml	Spice Mix <i>(5ml Ground Cumin & 5ml Ground Cinnamon)</i>
100g	Cooked Chopped Tomato
5ml	Beef Stock
60g	Cannellini Beans <i>drain & rinse</i>
10g	Piquanté Peppers <i>drain & roughly chop</i>
3g	Fresh Parsley <i>rinse, pick & roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey
Paper Towel

1. FIRST THINGS FIRST Boil the kettle. Place the rinsed rice in a pot with 150ml 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 pieces 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 diced onion and the spice mix. Fry until soft, 3-4 minutes (shifting occasionally). Add the cooked chopped tomato, the stock, and 100ml of boiling water. Simmer until thickened, 8-10 minutes (stirring occasionally).

3. HERE COMES THE FINISH LINE When the stew has 5 minutes remaining, add the drained cannellini beans and the chopped peppers. Season and add a sweetener. Set aside.

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

Nutritional Information

Per 100g

Energy	739kj
Energy	177kcal
Protein	7.9g
Carbs	21g
of which sugars	2.3g
Fibre	1.9g
Fat	7g
of which saturated	3g
Sodium	107mg

Allergens

Allium, Sulphites

Eat
Within
4 Days