



PEA STEW WITH LAMB

An all-time favorite dish in the Middle East where lamb cubes are added for extra flavor and protein..

Nutrition Facts Per Serving: Calories 735, Protein 37g, Carbs 93g, Fat 21g

Cooking process and additional ingredients added at home will affect the total value.

Preparation Time: 10 min, **Cooking Time:** 50 min



INGREDIENTS

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|----------------|-----------------------|
| Lamb | Olive Oil |
| Peas | Middle Eastern Spices |
| Carrots | Blanching Mix |
| Onions | Black Pepper & Salt |
| Diced Tomatoes | Rice |

METHOD

1. Place peas in a pot & cover with cold water with 2 cm excess. Add blanching mix then place pot over high heat & bring to boil. Reduce heat & simmer uncovered for 1-2 minutes or until peas start to change color. Do not overcook, drain discarding water. Rinse with cold water to stop cooking.
2. Place a pot over medium-high heat & add oil & swirl to heat. Add the meat & toss quickly to sear. Color must change all over.
3. Add onions; cook while stirring until translucent, 2 minutes or so. Add the garlic & toss for 30 seconds.
4. Add ME spices & cover, reduce heat & allow to cook for 30 minutes or until meat is nearly cooked. Check for liquid & if drying add a little water
5. Dissolve tomato paste in some hot water until it becomes like a thick sauce, add to pot.
6. Add dash of pepper, carrots, peeled tomatoes & half the salt. Bring to boil.
7. Reduce heat, cover & cook for 10 minutes or until meat is tender.
8. Add peas & stir gently, bring back to boil.
9. Simmer uncovered for 5-7 minutes or until peas are tender but not mushy & sauce thick & bubbly. If more gravy is desired, add ½ - 1 cup of water and return to boil. Check seasoning & adjust. Then transfer to serving dish.

Steamed Plain Basmati Rice

1. Place rice in a suitable container & cover with excess cold water 2cm above rice. Gently run fingers through & stir to release starch.
2. Decant water taking care not to dump any rice. Repeat 3-5 times or until water runs clear, strain in colander for about 5 min to get rid of excess water.
3. Place pot over high heat and add water (as per instructions on package) & salt. As soon as the water starts boiling add rice & swirl pot or stir very gently.
4. Return to boil then cover, reduce heat to low & simmer for about 15-20 minutes then remove from heat & keep covered for 5 minutes more. Gently fluff with fork and serve.

BON APPETIT