



sharon glass

EASY LAMB PILAF

45ml pine nuts or flaked almonds
1 onion, sliced
5ml minced garlic
pinch minced chilli
10ml ground cumin
10ml ground coriander
600g lamb knuckles, removed from the bone and cut into smaller pieces (start with a pack of about 800-900g)
750ml beef stock (30ml beef stock powder)
375ml Basmati rice
1 x 410g tinned chickpeas, drained
50g dried apricots
freshly chopped mint
handful coarsely chopped coriander or Italian parsley

Sauté pine nuts in a medium-large pot with a drop of olive oil until lightly browned. Remove and set aside.

Toss the lamb in a bowl with salt and pepper. Set aside.

In the same pot, add the onion and garlic and sauté them until the onion is softened. Remove and set aside.

Then heat the chilli, cumin and coriander in a little oil and when warm, add the seasoned lamb and brown on high heat until well coloured.

Pour over the beef stock and the rice, and place onion back. Cover and simmer for about 20 minutes or until the stock has been absorbed.

Stir in the chickpeas, dried apricots, mint, coriander/parsley and pine nuts.

Serves 6