

# Lamb Pilaf

Year 12 *Work in pairs*

## Ingredients

1 T vegetable oil  
160g lamb mince  
 $\frac{1}{2}$  onion *finely chopped*  
1 clove garlic *finely chopped*  
1cm ginger *grated*  
1 tsp ground coriander  
 $\frac{1}{2}$  tsp ground cumin  
 $\frac{1}{2}$  tsp ground turmeric  
1 cardamom pod *cracked*  
1 small green chilli *finely chopped*  
80g frozen/fresh peas

150g long grain rice  
25g butter  
400ml chicken or vegetable stock  
Juice  $\frac{1}{2}$  lemon  
1 T coriander *finely chopped*  
2 eschallots *chopped*  
2 small tomatoes *deseeded and diced*  
1 T parsley  
2 T roasted almond slivers  
*(can roast in microwave, takes about 20 seconds)*  
2 T yoghurt



## Method

1. In an electric frypan on medium heat fry the mince, onion, garlic until mince is brown.
2. Stir in the tomatoes, spices and chilli, followed by the peas, rice and butter.
3. Cook for 1 minute while stirring, then add the stock and bring to the boil.
4. Cover with the lid on; reduce heat to simmer about 10 minutes, until rice is tender.
5. Stand for 5 minutes. Remove the lid; fluff the pilaf with a fork.
6. Stir in lemon juice and coriander.
7. Sprinkle with almonds.
8. Serve with a dollop of yoghurt.

# Vegetable Korma

Year 12 *Work in pairs*

## Ingredients

2 tsp vegetable oil  
 $\frac{1}{2}$  brown onion, sliced  
2 tsp garam masala  
 $\frac{1}{2}$  tsp ground turmeric  
1 clove garlic, crushed  
1 chilli  
2 curry leaves  
1cm fresh ginger, grated  
100g Orange sweet potato, cut into 2cm dice  
 $\frac{1}{2}$  celery stick, diced

1 carrot, peeled and sliced diagonally  
 $\frac{1}{2}$  cup vegetable stock  
2 tomatoes, diced  
150g green beans, sliced  
150g ( $\frac{1}{2}$  400g can) canned chickpeas, rinsed and drained  
300g butternut pumpkin, cut into 2cm dice  
200ml coconut milk  
2 pita breads  
2 T natural yoghurt  
1 T mango chutney

## Method

1. Preheat oven to 180°C.
2. Heat oil in a frypan then sauté onion for 5 minutes.
3. Add garam masala, turmeric and garlic, ginger, chilli and curry leaves
4. Cook for 1 minute
5. Add carrots, celery, sweet potato and stock and bring to the boil.
6. Reduce heat, cover and cook for 5 minutes.
7. Add beans, chickpeas, pumpkin, tomatoes and coconut milk.
8. Bring to the boil, then reduce heat and simmer uncovered for 10 minutes.
9. Place the pita bread in the oven for about 10 minutes or until heated through.
10. Serve the vegetable korma with the pita bread, yoghurt and chutney.

