



Spiced lamb & coconut pilaf



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



836 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 tbsp olive oil
- ☐ 1 onion finely chopped
- ☐ 500 g ground lamb lean minced
- ☐ 350 g rice
- ☐ 2 tbsp curry paste (green or any other curry paste)
- ☐ 300 ml chicken stock see hot
- ☐ 400 g lite coconut milk (reduced-fat canned)
- ☐ 140 g peas frozen

- ☐ 1 optional: lemon cut into wedges
- ☐ 1 handful cilantro leaves

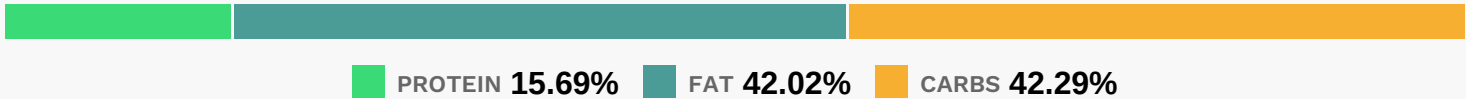
Equipment

- ☐ frying pan

Directions

- ☐ Heat the oil in a pan and cook the onion for 3–5 mins until soft.
- ☐ Add the lamb and stir-fry for 5–7 mins until brown.
- ☐ Stir in the rice, curry paste, stock and coconut milk. Bring to the boil, then turn down the heat and simmer very gently for 10–12 mins until the rice is tender and the liquid has mostly been absorbed. Stir in the peas, cook for 2 mins more, then squeeze over the lemon, sprinkle over the coriander and serve.

Nutrition Facts



Properties

Glycemic Index:47.5, Glycemic Load:44.48, Inflammation Score:-8, Nutrition Score:15.343478347944%

Flavonoids

Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 6.42mg, Quercetin: 6.42mg, Quercetin: 6.42mg, Quercetin: 6.42mg

Nutrients (% of daily need)

Calories: 835.82kcal (41.79%), Fat: 38.34g (58.98%), Saturated Fat: 20.23g (126.45%), Carbohydrates: 86.8g (28.93%), Net Carbohydrates: 82.14g (29.87%), Sugar: 5.67g (6.3%), Cholesterol: 93.53mg (31.18%), Sodium: 296.81mg (12.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.21g (64.42%), Manganese: 1.14mg (57.17%), Vitamin C: 31.4mg (38.06%), Vitamin A: 1525.25IU (30.51%), Selenium: 15.77µg (22.53%), Iron: 3.59mg (19.93%), Fiber: 4.66g (18.65%), Phosphorus: 171.74mg (17.17%), Vitamin B3: 3.4mg (17.02%), Copper: 0.32mg (15.91%), Vitamin

B6: 0.31mg (15.26%), Vitamin B1: 0.21mg (13.67%), Vitamin K: 14.24µg (13.56%), Folate: 42.37µg (10.59%),
Magnesium: 41.64mg (10.41%), Zinc: 1.56mg (10.41%), Vitamin B5: 1.01mg (10.14%), Potassium: 348.57mg (9.96%),
Vitamin B2: 0.17mg (9.89%), Calcium: 71.33mg (7.13%), Vitamin E: 0.74mg (4.93%)