



Uzbek Plov (Lamb and Rice Pilaf)

 **Gluten Free**  **Dairy Free**

READY IN



120 min.

SERVINGS



8

CALORIES



396 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 cups rice
- 1 teaspoon peppercorns whole black
- 5 large carrots grated
- 2 tablespoons coriander seed
- 2 tablespoons cumin seeds
- 0.5 cup barberries fresh
- 2 pounds leg of lamb boneless cut into 3-inch pieces
- 2 large onions thinly sliced

- 2 tablespoons salt
- 0.5 cup vegetable oil
- 2 cups water boiling to cover
- 4 heads garlic whole

Equipment

- bowl
- frying pan
- dutch oven

Directions

- Place basmati rice in a large bowl and cover with warm water. Set aside. Wash heads of garlic. Set aside.
- Heat vegetable oil in a dutch oven or large skillet over high heat until smoking, then add lamb, turning occasionally until the lamb is evenly browned, about 10 minutes. Stir in the onions; cook and stir until the onion has softened and browned, about 10 minutes. Stir in the carrots; cook and stir until the carrots have softened, about 10 minutes.
- Sprinkle with cumin, coriander, barberries, and peppercorns. Drop whole garlic heads into the mixture, stirring to evenly distribute ingredients. Reduce heat to medium. Cover and cook for 30 minutes.
- Wash and drain basmati rice with hot water.
- Pour cleaned rice over the lamb mixture in an even layer. Slowly pour in the boiling water. The rice should be covered with about 3/4 inch of water. Do not stir. Season with salt, and reduce heat to medium-low. Cover and cook until rice is tender, and the liquid has been absorbed, about 20 minutes. Stir rice and lamb together, and serve with the garlic heads on top.

Nutrition Facts

 **PROTEIN 21.07%**  **FAT 17.3%**  **CARBS 61.63%**

Properties

Glycemic Index:25.25, Glycemic Load:25.85, Inflammation Score:-10, Nutrition Score:21.466956366663%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 7.95mg, Quercetin: 7.95mg, Quercetin: 7.95mg, Quercetin: 7.95mg

Nutrients (% of daily need)

Calories: 396.11kcal (19.81%), Fat: 7.56g (11.63%), Saturated Fat: 1.73g (10.84%), Carbohydrates: 60.59g (20.2%), Net Carbohydrates: 56.98g (20.72%), Sugar: 3.96g (4.4%), Cholesterol: 45.72mg (15.24%), Sodium: 1831.67mg (79.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.72g (41.44%), Vitamin A: 7541.77IU (150.84%), Manganese: 1.02mg (50.78%), Selenium: 26.43µg (37.76%), Vitamin B12: 1.93µg (32.15%), Vitamin B3: 5.88mg (29.38%), Phosphorus: 252.58mg (25.26%), Zinc: 3.73mg (24.86%), Vitamin B6: 0.49mg (24.31%), Iron: 3.39mg (18.83%), Potassium: 564.87mg (16.14%), Copper: 0.31mg (15.59%), Vitamin B2: 0.26mg (15.44%), Vitamin B1: 0.22mg (14.69%), Fiber: 3.61g (14.45%), Magnesium: 54.69mg (13.67%), Vitamin B5: 1.24mg (12.43%), Vitamin C: 10.18mg (12.33%), Vitamin K: 12.37µg (11.78%), Calcium: 94.17mg (9.42%), Folate: 36.47µg (9.12%), Vitamin E: 0.8mg (5.35%)