



LAMB JALFREZI WITH CAULIFLOWER RICE

Succulent lamb pieces slow cooked in Jalfrezi sauce and served with cauliflower rice.



PREP TIME
15 MIN



COOK TIME
90 MIN



SERVINGS
4

Ingredients

- 600g lamb leg meat, diced
- 2 green peppers, chopped
- 2 red peppers, chopped
- 1 onion, chopped
- 400g [Blenders Jalfrezi Sauce](#)
- oil for frying
- For the Cauliflower Rice:
 - 1 large cauliflower
 - 1 lemon
 - 4 spring onions, chopped
 - 1 green pepper, finely chopped

Allergens

Contains no allergens

Method

1. Pre heat the oven to 180°C.
2. In a medium saucepan heat some oil and gently sauté the onion and mixed peppers for 3 to 4 minutes. Add the diced lamb and cook for a further 5 minutes until the meat has browned.
3. Add the [Jalfrezi sauce](#) and stir well. Transfer the contents of the pot to an ovenproof dish and cover with tinfoil. Place in the oven for about 1.5 hours.
4. To make the cauliflower rice; remove the outer leaves of the cauliflower and cut into small florets. Using a food processor, blend the cauliflower pieces until the same consistency as rice.
5. Heat a pot with some oil, add the spring onion and green pepper. Cook for 3 minutes.
6. Add the cauliflower, season and continue to cook for 4 minutes. Finish the rice with a squeeze of lemon.
7. Serve the lamb and rice side by side on one large plate or in individual pots.