

# Turkish Spiced Lamb



Serves: 8  
Prep: 20 min  
Cook: 15-20 min

**Dietary:** EF, NF  
**Allergens:** Wheat, Dairy  
**Age group:** 8 months+

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# Turkish Spiced Lamb

## Ingredients

- 560g lamb mince
- 1 small brown onion (80g), peeled and finely chopped
- 2 cloves garlic (10g), minced
- 1 small carrot (120g), peeled and roughly chopped
- 1 small zucchini (150g), rinsed and roughly chopped
- 1 tbsp (20ml) extra virgin olive oil
- 1 tsp (2g) ground cumin
- 1 tsp (2g) ground coriander
- 1 tsp (2g) smoked paprika
- ½ tsp (1g) ground cinnamon
- ½ tsp (1g) dried oregano
- 2 tbsp (60g) tomato paste
- ½ cup (150g) canned diced tomatoes
- Black pepper, to taste
- ¼ cup (30g) fresh parsley, rinsed and finely chopped
- 4 Lebanese bread rounds (store-bought), cut into triangles

To serve:

- Greek yoghurt or tzatziki
- Turmeric spiced rice

## Equipment

High-speed food processor

## Method

1. Place onion, garlic and vegetables into a high-speed food processor and process until crushed.
2. Heat olive oil in a pan over medium heat. Add the onion mix and cook until softened, about 3 mins.
3. Add the cumin, coriander, paprika, cinnamon and oregano. Stir well until fragrant.
4. Add the lamb mince and cook, breaking it up with a spoon, until browned.
5. Stir in the tomato paste and crushed tomatoes. Simmer for 5-7 mins until the mixture thickens. Season with black pepper.

**Serving suggestion:** Serve with turmeric brown rice, tzatziki and Lebanese bread and a garden salad on the side.

**Storing Leftovers:** Store in an airtight container in the fridge for up to 3-4 days or freeze for up to 4 months.

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## Tips

- ✓ **Allergies:**  
For a dairy-free version: Swap Greek yoghurt with coconut, soy or oat yoghurt.  
For a gluten-free version: Swap Lebanese bread with a gluten-free bread.
- ✓ **Easy ingredient swaps:**  
Swap lamb mince for beef or pork mince.
- ✓ **Baby-friendly version:**  
Serve mashed or in finger food-sized pieces.
- ✓ **For fussy eaters:**  
Serve the meal deconstructed.