

Upside Down 'Tahdig' Pie

Spiced lamb mince, basmati & peas



Serves 6 - 8 people

Ingredients:

50g butter
1kg minced lamb
250ml, plain Greek yoghurt
1 jar Green Saffron 'Hot Curry Sauce'
350g, frozen peas
300g raw, uncooked Green Saffron AAA Vintage rice, freshly cooked
Pinch saffron stigma, about 15, steeped in 3 tblsp of hot water
3tblsp grape-seed oil
1 level tsp salt
Juice and zest of ½ lemon
Seeds of ½ fresh pomegranate (optional)
Small handful fresh mint leaves, sliced to ribbons

Method:

1. Heat the butter in a large casserole dish or saucepan on medium heat, add the minced lamb and cook over a medium heat until the meat is just no longer pink
2. Add the yoghurt, jar of Green Saffron 'Hot Curry Sauce' and mix together well, then cover the dish and simmer on a low heat for about 30 minutes or until the meat is tender.
3. Remove from the heat, add the peas, stir them through, then pour the mince into an oven proof dish and level out with the back of a spoon. Set aside
4. Turn your grill onto a medium heat
5. Take two thirds of the cooked rice and spread it evenly over the mince, gently flattening the surface with the back of a metal spoon
6. In a separate small bowl, mix the saffron water and threads with the oil, salt, lemon zest and juice together.
7. Mix this well with the remaining rice, ensuring all the rice is evenly coated, then layer over the plain rice and, again smooth out the surface with the back of a metal spoon
8. Pop a piece of greased foil over the surface, greased side down and place the dish under the grill, on a medium shelf and cook for about 10 minutes
9. Then remove the foil and continue to cook for another 12 to 15 minutes or until the rice becomes crisp and takes on a little, light brown colour
10. Remove from the grill, sprinkle with the mint and pomegranate seeds and serve immediately with bitter leaf salad.

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For handy hints and compliments contact us on:

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