

USE IT UP™

COOK ME

OZHARVEST

A black rectangular area containing three logos. On the left, the text 'USE IT UP' is written in large, bold, yellow capital letters. To its right is a yellow oval containing a black fork, a heart, and a knife, with the text 'COOK ME' in black capital letters. Further right is the 'OZHARVEST' logo, which features the brand name in a stylized font above a graphic of various kitchen tools and ingredients.

**INDIAN-SPICED
LEFTOVER LAMB**



INDIAN-SPICED LEFTOVER LAMB



Prep time



Cook time



Serves

A Recipe by OzHarvest

NEED

1 can beans (we've used chickpeas)

1 cup leftover cooked meat (we've used lamb)

1 tsp cumin

1 tsp coriander

1 tsp smoked paprika

1 tsp garam masala

1/4 tsp chilli powder

1 tsp black pepper

1 cup greens (we've used kale)

1/2 cup of stock or salted water

3 tbsp cooking oil

Bring your leftover lamb back to life with this Indian-style warming dish!

HOW

1. Heat oil in a large frying pan or wok.
2. Drain and then fry beans until golden brown.
3. Add meat, spices and ginger, fry until meat browns.
4. Add stock or salted water.
5. Add greens and stir until wilted.
6. Serve with anything you have, we like rice, couscous and flatbread.

Chef's Tip: If you have some, a dollop of yoghurt served on top makes it extra tasty.



**SAVE FOOD.
SAVE MONEY.
SAVE THE PLANET.**