



new
Rice

Rice is a versatile food grain that contains a number of vitamins and minerals that are extremely healthy for us. It is one of the most important grain with regard to human nutrition and caloric intake, providing more than one fifth of the calories consumed worldwide by humans. Rice can be ground into flour for the gluten intolerant, cooked slowly in paella, or steamed to accompany a wide array of Asian dishes. Different types of rice have different sizes, tastes and characteristics.

Lamb Brand has recently launched a range of 5 different varieties of rice: Long Grain, Basmati, Parboiled, Arborio and Wholegrain. Each 500g packet comes packed in a carton box, designed exclusively for Lamb Brand. Long Grain Rice and Parboiled Rice are also available in family packs of 1kg bags.



Choose the ideal rice for your perfect recipe!



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NUTTY SPINACH RICE

 Serves 4  Ready in 40 minutes

You will need:

Lamb Brand Long Grain Rice 250g, rinsed
Lamb Brand Chickpeas 200g
Lamb Brand Black Raisins 100g
Lamb Brand Cashew Nuts 100g, roasted
Lamb Brand Mild Curry 2 tbsp
Lamb Brand Garlic Granules 2 tsp
Lamb Brand Table Salt, to taste
Lamb Brand Ground Black Pepper, to taste
Vegetable Stock 450ml
Spinach Leaves 150g, fresh or frozen
Sunflower Oil 1 tbsp
Natural Yoghurt to serve (optional)

All you need to do is:

Soak the chickpeas for a minimum of 5 hours or overnight, changing the water from time to time, if possible. Rinse, add to a small saucepan, cover with water and bring to the boil. Simmer gently till tender, drain them and let cool. Heat the oil in a large non-stick pan, fry the garlic and curry over medium heat for 1 minute, until it smells toasty. Tip the rice into the pan with stock, chickpeas and raisins and stir with a fork to stop the rice from clumping. Season with salt and pepper, then cover and bring to the boil. Reduce to a medium heat and cook for 12-15 minutes or until all the liquid has been absorbed and the rice is tender.

Steam the fresh spinach or thaw the frozen spinach to room temperature, squeeze the excess water and tip it into the pan along with 2 tablespoons of hot water and fluff up the rice with a fork, making sure the spinach is mixed in well. Toss in the cashews and serve. You can also serve with natural yoghurt.



CHICKEN MASALA

 Serves 4  Ready in 80 minutes

You will need:

Lamb Brand Parboiled Rice 250g, rinsed
Lamb Brand Curry Powder 5 tsp
Lamb Brand Slivered Almonds 4 tbsp
Lamb Brand Turmeric 2 tsp
Lamb Brand Table Salt to taste
Lamb Brand Ground Black Pepper to taste
Water 400ml
Low-Fat Natural Yoghurt 300g
Tomatoes 8, halved
Chicken Breasts 2 (400g), cut into chunks
Red Onions 2 large, thinly sliced
Fresh Coriander Leaves small bunch

All you need to do is:

Put the rice in a saucepan and add water, 1 teaspoon turmeric, 1 teaspoon curry powder and some salt. Bring to the boil, stir, cover, turn heat to low and cook for 10 minutes, or until tender. Remove from heat and leave covered for 5 minutes. If not serving immediately cool rice under running water. Add almonds to the rice and fluff with a fork.

Meanwhile in a large bowl, mix 2 teaspoons curry powder, remaining turmeric, and 2 tablespoons of yoghurt and season with salt and pepper. Add chicken and toss to coat. Toss the tomatoes and onions in a roasting tray with 1 teaspoon curry powder, and add the chicken pieces. Bake for 15-20 minutes in a preheated oven at 200°C until chicken is cooked through and the vegetables are soft. Scatter over coriander and serve with the rice and remaining yoghurt.



ASPARAGUS & LEMON CHICKEN RICE



Serves 4



Ready in 50 minutes

You will need:

Lamb Brand Wholegrain Rice 500g
Lamb Brand Garlic Granules 4 tsp
Lamb Brand Table Salt, to taste
Lamb Brand Ground Black Pepper, to taste
Fresh Asparagus 225g, chopped
White Wine 125ml
Olive Oil 2 tbsp
Chicken Breast 1, cut into pieces
Lemon Zest 1 tsp
Red Pepper ½, deseeded and diced

All you need to do is:

In a large non-stick skillet heat the oil over medium-high heat. Add the chicken pieces to the skillet and season with salt and pepper. Cook the chicken until golden brown, about 5 minutes.

Stir in the garlic and red pepper, add the asparagus and cook for 1 minute. Stir in the zest and white wine and bring to a simmer. Cover and cook for 3 minutes.

In the meantime cook and prepare the rice as per packet instructions. Serve immediately over hot rice.

Visit www.lambbrand.eu for more cooking ideas.



SEAFOOD RISOTTO



Serves 4 to 6



Ready in 50 minutes

You will need:

Lamb Brand Arborio Rice 500g
Lamb Brand Garlic Powder 1 tsp
Lamb Brand Table Salt, to taste
Lamb Brand Ground Black Pepper, to taste
Seafood Stock 1500ml
Assorted Mediterranean Shellfish and Seafood 900g
Onions 3, finely chopped
Green Onions 3 tbsp, chopped
Fresh Parsley 2 tbsp, finely chopped
Olive Oil 2 tbsp
Butter 1 tbsp
Double Cream ½ cup
Fresh Grated Parmesan ½ cup

All you need to do is:

In a large sauce-pan, heat olive oil over medium heat, add the onions and cook for 2-3 minutes. Season with garlic powder, salt and pepper and cook for a further 5-10 minutes until the onions are sautéed. Add the rice and cook for about 2 minutes mixing well, then add stock and bring mixture to a boil, reduce the heat to medium and simmer for about 6 minutes stirring occasionally. Clean the shellfish, trim and dice the seafood and season with salt and pepper, add to pan and cook for 6 minutes. Stir in the butter, cream, cheese and green onions. Simmer for 2 minutes, stirring constantly. Remove from heat and spoon the risotto in the centre of each shallow bowl. Garnish with parsley and serve immediately.



LAMB STEW WITH BASMATI RICE



Serves 8



Ready in 60 minutes

You will need:

Lamb Brand Basmati Rice 500g
Lamb Brand Bay Leaves 2
Lamb Brand Ground Cinnamon 2 tbsp
Lamb Brand Table Salt 1 tsp
Lamb Brand Ground Cumin 1 tsp
Lamb Brand Garlic Flakes 1 tsp
Water 1500ml
Tomato Passata 400g
Potatoes 6 large, chopped into large cubes
Tomatoes 6, chopped
Lamb Shanks 4, chopped

All you need to do is:

Place the lamb in a large stew pot and add everything except for the potatoes and rice. Bring to a boil and simmer for about 45 minutes; until lamb is tender and liquid has reduced and thickened.

Stir occasionally. Remove the bay leaves, add the potatoes and simmer for another 15 minutes.

In the meantime cook and prepare the rice as per packet instructions. Serve the lamb stew over the rice and enjoy a wholesome meal.

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