

Ghorme Sabzi

Preparation time 5 min

Cooking time 60 min

Serves 4-6



Ingredients

500g (1lb) lamb meat, cubed
1 can of kidney beans, strained and rinsed
1 onion, finely chopped
50 g (2 cups) chopped parsley
50 g (2 cups) chopped coriander
1 large chopped leek
juice of one lime
190 ml (3/4 cup) vegetable oil
1 tbsp turmeric
Salt
Pepper

To make

Leave 30 ml (2 tbsp) of the oil aside and use the rest to sauté coriander, parsley, and leek in a large skillet. for about 15 minutes.

Stir occasionally. Set aside.

In a pressure cooker, stir-fry the chopped onion in the remaining oil for about 5 minutes.

Add the meat, turmeric, pepper to the onions, and fry for about 5 more minutes.

Add a litre of boiling water. Close the lid and cook on medium heat for about 30 minutes or until the lam bis tender.

Add the beans, the fried greens, salt, and the lime juice. Boil for 10 more minutes to have the tastes blend together.

Taste and add salt or pepper if needed. Serve over Persian steamed rice.

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