

**Recipe Name** Oriental Lamb

**Servings** 8

**Cook Time**

**Calories** Cedric Kelly

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**Ingredients**

10 g MAGGI® Beef Powder	10 grams
46 g Pistachio	46 grams
213 g Minced meat	213 grams
30 g Maggi® Demi Glace	30 grams
56 g Oil	56 grams
5 g Seven Spices	5 grams
1 g White Pepper	1 gram
13 g Almond	13 grams
50 g Flour	50 grams
1 L Water	1 kilogram
50 g Butter	50 grams
14 g Cashew	14 grams
Lamb Sauce Ingredients:	1 gram
Mixed nuts:	1 gram
1 g Bay Leaf	1 gram
13 g Pine Nut	13 grams
1 g Salt	1 gram
7 g Black whole pepper	7 grams
20 g MAGGI® Beef Bouillon	20 grams
6 g Cardamom	6 grams
1 kg Basmati rice	1 kilogram

**Directions**

Step 1 Cooking	Boil basmati rice and add Cinnamon sticks, cardamom, black whole pepper and bay leaves.
Step 2 Cooking	For Sauce: Add 30 gm of Maggi Demi-glance and 10 gm of Maggi Beef Powder for 1 Liter of water.
Step 3 Cooking	Mix the seven spices with meat.

Step 4 Cooking

Serve the rice on a serving plate; garnish with roasted nuts.

**Nutrition Info Per Serving**

Saturated Fats 7 gm

Sodium 39 mg

Fiber 2 gm

Fats 24 gm

Protein 13 gm

Carbohydrates 76 gm

Energy 584 kcal