

# Persian Lamb with Orange Herbed Rice

*Doreen Pollock - Dayton's Rosedale Home Store*

*1993 United Way Cookbook Committee - Dayton's, Marshall Field and Hudson's Stores*

*Servings: 6*

*olive oil*

*3/4 cup slivered almonds*

*1 1/2 pounds ground lamb*

*1 1/2 to 2 cups chopped onion*

*2 to 4 cloves garlic, minced*

*1 cube beef bouillon*

*juice of one lime*

*1 tablespoon dried mint leaves*

*1 medium bunch fresh spinach, well washed*

*1 medium tomato, cut into wedges*

*1 ripe avocado, peeled, pitted and cut into wedges*

**ORANGE HERBED RICE**

*1/4 cup butter or margarine*

*3/4 cup chopped celery*

*1/4 cup chopped onion*

*zest of one orange*

*1 cup water*

*1/2 cup orange juice*

*dash salt*

*1/4 teaspoon dried thyme leaves*

*1 cup long grain rice*

*In a large skillet, heat a small amount of olive oil. Add the almonds. Heat and stir until browned. Remove to a plate.*

*In the same skillet, brown the lamb with the onions, garlic and bouillon, about 10 minutes. Add the lime juice and mint.*

*Cook and stir about 1 minute.*

*Line a large platter with spinach. Drain any fat from the lamb. Place in the center of the platter. Surround the lamb with tomato and avocado wedges. Serve with the Orange Herbed Rice.*

*Make the Orange Herbed Rice: IN a two-quart saucepan, melt the butter. Add the celery and onion. Cook over medium heat for about 5 minutes. Add the water, orange juice, orange zest and the spices. Heat to boiling. Add the rice. Reduce the heat to a simmer. Cover. Cook for about 15 to 20 minutes. Uncover. Fluff with a fork before serving.*

*Beef*

*Per Serving (excluding unknown items): 583 Calories; 49g Fat (74.6% calories from fat); 24g Protein; 13g Carbohydrate; 3g Cholesterol; 399mg Sodium. Exchanges: 0 Grain(Starch); 3 Lean Meat; 1 Vegetable; 1/2 Fruit; 7 1/2 Fat.*