

Russian Lamb Pilaf (Plov)

Yield: 6 min
Total Time: 85 min

Recipe from: <https://www.recipeschoose.com/recipes/russian-lamb-pilaf-recipe>

Ingredients:

- 2 ounces raisins
- 4 ounces pitted prunes
- 1 tablespoon fresh lemon juice
- 1 ounce butter
- 1 large onion chopped
- 1 pound boneless lamb trimmed and cut into 1/2-inch/1-cm cubes
- 8 ounces ground lamb lean
- 2 garlic cloves crushed
- 2 1/2 cups lamb stock or vegetable stock
- 2 cups long-grain white rice rinsed and drained
- 1 pinch saffron
- salt
- pepper
- flat leaf parsley Garnish:, optional

Nutrition:

1. Calories: 470 calories
2. Carbohydrate: 72 grams
3. Cholesterol: 40 milligrams
4. Fat: 14 grams
5. Fiber: 3 grams
6. Protein: 14 grams
7. SaturatedFat: 6 grams
8. Sodium: 340 milligrams
9. Sugar: 14 grams

Thank you for visiting our website. Hope you enjoy Russian Lamb Pilaf (Plov) above. You can see more 18 russian lamb pilaf recipe Unlock flavor sensations! to get more great cooking ideas.