

# LEFTOVER LAMB PILAF

Yield: 4 min  
Total Time: 45 min

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

## Ingredients:

- 3 tablespoons olive oil
- 2 large onions diced
- 4 garlic cloves minced
- 2 cinnamon sticks
- 8 cardamom pods
- 1 tablespoon turmeric
- red pepper flakes
- 2 cups basmati rice
- 2 cups lamb cooked, chopped
- 14 1/2 ounces diced tomatoes
- 4 cups lamb
- chicken stock
- salt
- pepper
- 1 bunch Italian parsley chopped
- 1 bunch cilantro chopped
- 1 bunch scallions chopped
- 1/2 cup currants
- 1/2 cup toasted pine nuts

## Nutrition:

1. Calories: 740 calories
2. Carbohydrate: 112 grams
3. Cholesterol: 5 milligrams
4. Fat: 26 grams
5. Fiber: 11 grams
6. Protein: 19 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 490 milligrams

9. Sugar: 12 grams

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