
Mediterranean Lamb Bowls

1 pound ground lamb
1 tablespoon olive oil
1/4 cup finely diced onion
4 cloves garlic, finely minced
1 teaspoon paprika
1 teaspoon allspice
1/2 teaspoon red pepper flakes
1/4 teaspoon ground ginger
Salt (to taste)
Pepper (to taste)
1/4 cup fresh mint, chopped (plus more for garnish)
1/4 cup flat leaf parsley, chopped (plus more for garnish)
1 cup Turmeric Rice (or other rice of choice)
Spiced Ground Lamb
1 tomato (diced)
1 cucumber (peeled and diced)
1 cup hummus (homemade or store bought)
1 cup feta cheese
2 pita bread (optional, for serving)

- ➊ Heat a large saute pan over medium heat. Add olive oil.
- ➋ When oil is hot, add onions and garlic. Sauté for 5 minutes, until starting to soften.
- ➌ Add ground lamb. Brown lamb until cooked through.
- ➍ Add paprika, allspice, red pepper flakes, ginger, salt and pepper. Mix until fully combined, cook for 1-2 minutes. Remove from heat and stir in fresh herbs.
- ➎ In a bowl, layer Turmeric Rice, then top with some of the spiced ground lamb, tomatoes, cucumbers, hummus and feta. Sprinkle with more fresh mint and parsley if desired.