



# #MakeItGAP

## RECIPES

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### MEDITERRANEAN LAMB BOWLS

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**YIELD:** 4 Servings

**SPICED GROUND LAMB:**

1 lb. ground lamb  
1 Tbsp. olive oil  
1/4 cup finely diced onion  
4 cloves garlic, *finely minced*  
1 tsp. paprika  
1 tsp. allspice  
1/2 tsp. red pepper flakes  
1/4 tsp. ground ginger  
Salt and pepper, *to taste*  
1/4 cup fresh mint, *chopped plus more for garnish*  
1/4 cup flat leaf parsley, *chopped plus more for garnish*

**FOR BOWLS:**

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*

**TO MAKE THE SPICED GROUND LAMB:**

Heat a large sauté pan over medium heat. Add olive oil. When oil is hot, add onions and garlic. Sauté for 5 minutes, until starting to soften. Add ground lamb. Brown lamb until cooked through. 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.

**TO ASSEMBLE BOWLS**

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.

*Recipe adapted from foxandbriar.com*