



PRIMAL CSA NEWSLETTER

# THE PENDULUM

MARCH 18-21, 2020



*"Food is not about impressing people. It's about making them feel comfortable." - Ina Garten*

## What's in the Box?

- Boneless Pork Chops
- Ground Lamb
- Korean BBQ Sausage
- Chicken Thighs

## Korean BBQ Sausage

**Our Korean BBQ sausage has Chinese 5 spice, garlic, ginger, soy, cilantro, gochujang, and kimchi.**



# Mediterranean Lamb Bowls

*From Fox and Briar*

## **Ingredients**

### *For Spiced Ground Lamb:*

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



### *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

## **Instructions**

Heat a large saute 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. 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.