

# A Sutherland Belle

## Spicy Lamb & Chickpea Shawarma Stew with Homemade Tzatziki Sauce

### INGREDIENTS

#### *For the Stew:*

- 2tablespoons olive oil
- 1medium onion chopped
- 3cloves garlic pressed or minced
- 1pound ground lamb or beef
- 2teaspoons garam masala
- 1teaspoon cumin
- 1teaspoon paprika
- 1 teaspoon cardamon powder (can omit if you don't have it)
- ¼ teaspoon cinnamon powder
- ½ teaspoon cayenne pepper (adjust to taste)
- 1 teaspoon kosher salt
- ½ teaspoon fresh black pepper
- 2 tablespoons tomato paste
- 1 ½ cups carrots, peeled and chopped
- 3 (15-ounce) cans of chickpeas, drained and rinsed
- 1 (28-ounce) can of crushed tomatoes
- 3 cups of chicken broth (plus one cup more for a less thick stew)
- 4cups baby kale stems removed and roughly chopped

#### *For the Tzatziki Sauce:*

- 2 cups grated cucumber (from about 1 medium 10-ounce unpeeled cucumber)
- 1 ½cups plain Greek yogurt
- 2 tablespoons extra-virgin olive oil
- 2 tablespoons chopped fresh mint and/or dill
- 1 tablespoon lemon juice
- 1 medium clove garlic, pressed or minced
- ½teaspoon fine sea salt

Garnishes: Tzatziki sauce, pine nuts, fresh dill, and pita bread

### INSTRUCTIONS

#### *For the Stew:*

1. Heat oil in a large pot over high heat. Add onion and cook for 4 minutes until starting to turn translucent. Add garlic and cook for 1 minute more.
2. Add lamb and cook, breaking it up as you go. When it has mostly turned from pink to light brown, add spices.
3. Cook for 1 minute, then add tomato paste and cook for another 1 minute until well combined.
4. Add carrots, chickpeas, crushed tomatoes, and broth. Stir and bring to a simmer.
5. Cover with lid, and lower heat until simmering. Cook for 15 minutes until carrots are tender.
6. Stir in kale, turn off the heat, and cover. Once wilted, adjust salt, pepper, and cayenne to taste, and chicken stock if you want more liquid.
7. Ladle into bowls, and add a dollop of tzatziki, pine nuts, and fresh dill. Serve with pita bread.

***For the Tzatziki Sauce:***

1. Working with one big handful at a time, lightly squeeze the grated cucumber between your palms over the sink to remove excess moisture. Transfer the squeezed cucumber to a serving bowl and repeat with the remaining cucumber.
2. Add the yogurt, olive oil, herbs, lemon juice, garlic, and salt to the bowl, and stir to blend. Let the mixture rest for 5 minutes to allow the flavors to meld. Taste and add additional chopped fresh herbs, lemon juice, and/or salt, if necessary.
3. Serve tzatziki immediately or chill for later. Leftover tzatziki keeps well, and chilled, for about 4 days.