

# Orange-Balsamic Lamb and Rice

35 MINS 4 SERVINGS

## INGREDIENTS

- 1 tbsp of olive oil
- 2 teaspoons grated orange rind
- 1/2 cup fresh orange juice
- 1 lb ground lamb
- 1 teaspoon kosher salt
- 1/2 teaspoon black pepper
- 3 tablespoons balsamic vinegar or soy sauce (optional)
- 1 Cup of Brown Rice, cooked



Adapted from: Frugal Nutrition  
This institution is an equal opportunity provider. This material was funded in part by SNAP.

# Orange-Balsamic Lamb and Rice

35 MINS 4 SERVINGS

## INGREDIENTS

- 1 tbsp of olive oil
- 2 teaspoons grated orange rind
- 1/2 cup fresh orange juice
- 1 lb ground lamb
- 1 teaspoon kosher salt
- 1/2 teaspoon black pepper
- 3 tablespoons balsamic vinegar or soy sauce (optional)
- 1 Cup of Brown Rice, cooked



Adapted from: Frugal Nutrition  
This institution is an equal opportunity provider. This material was funded in part by SNAP.

## PROCEDURE

1. Combine 1 tablespoon olive oil, rind, and juice in a large zip-top plastic bag. Add lamb to bag; shake to mix well. Place in refrigerator for at least 10 minutes. Remove lamb from bag, sprinkle evenly with salt and pepper.
2. Heat a large skillet over medium-high heat. Add lamb to pan and cook through.
3. Optional: Place vinegar in a small skillet over medium-high heat; bring to a boil. Cook 3 minutes or until vinegar is syrupy. Drizzle vinegar over lamb OR drizzle lamb with Soy Sauce instead.
4. Serve lamb over rice with your favorite vegetable.



This institution is an equal opportunity provider. This material was funded in part by SNAP.

## PROCEDURE

1. Combine 1 tablespoon olive oil, rind, and juice in a large zip-top plastic bag. Add lamb to bag; shake to mix well. Place in refrigerator for at least 10 minutes. Remove lamb from bag, sprinkle evenly with salt and pepper.
2. Heat a large skillet over medium-high heat. Add lamb to pan and cook through.
3. Optional: Place vinegar in a small skillet over medium-high heat; bring to a boil. Cook 3 minutes or until vinegar is syrupy. Drizzle vinegar over lamb OR drizzle lamb with Soy Sauce instead.
4. Serve lamb over rice with your favorite vegetable.



This institution is an equal opportunity provider. This material was funded in part by SNAP.