



## Spiced Lamb Mince with a Squash Dip

With a sprinkling of pomegranate, this spiced lamb mince with squash dip will win over your party guests

Serves: 4

Prepare: 20 Minutes

Cook: 50 Minutes

Difficulty: easy

### Ingredients

#### For The Dip

- 1 small butternut squash
- 1 uchi kuri (red onion) squash
- 1 medium onion
- 1tbsp ghee or butter
- pinch of salt
- pinch of pepper
- 1tsp cumin
- 1tsp turmeric
- 1 ½tsp cinnamon
- shaving of fresh nutmeg

#### For The Lamb

- 500g [lamb mince](#)
- 5 medjool dates
- 1 large onion
- salt
- pepper
- ½tsp cumin
- 1 ½tsp ras el hanout
- 2tsp cinnamon
- 1tsp all spice
- grated nutmeg
- fresh mint
- pomegranate molasses
- pomegranate

### Method

1. Pre heat the oven to 200°C
2. Peel the butternut squash and uchi kuri squash, roughly chop and add to a baking dish with thin wedges of onion. Drizzle with oil and scatter with the ghee (or butter), this will give the paste a silky texture
3. Season with a good pinch of salt and pepper, then add the cumin, turmeric and cinnamon along with a shaving of fresh nutmeg
4. Roast for 25 minutes or until it is soft and a little caramelised
5. Allow to cool and add to a food processor, blitz until it forms a smooth thick paste, add a little oil to loosen if needed. If you want it warm when serving add a touch of water to a pan and gently warm
6. Dice the onion and add to a pan with a little bit of oil, cooking on a medium heat until it's just getting translucent. Season with salt, pepper and the cumin and ras el hanout
7. Add the mince to the pan. Using a wooden spoon break it up, allowing it to render on a medium heat. Lots of fat will start to come out of the meat which will help to flavour the lamb, once the meat is cooked you can pour most of the fat out (don't waste it, it works great over roast potatoes)
8. Season well with salt, cumin, ras el haout, all spice, cinnamon and a healthy grating of nutmeg
9. Turn the heat up a little and let the lamb cook in its own fat until it's a little dry and crispy
10. Add in the sliced medjool dates and keep stirring. Remove from the heat, chop a small handful of fresh mint and stir in while its still hot so the leaves wilt a little
11. To assemble the dish smooth the squash dip onto a large plate, with a bit of a well in the middle. Scatter the lamb

mince on top, drizzle with pomegranate molasses and sprinkle the pomegranate seeds over the dish. Serve sharing style in the middle of the table with warm pitta or flatbread