

## Afghan Express Mantu

- 1 TBS Olive oil
- 1 medium Onion chopped coarsely
- 2 cloves garlic chopped coarsely
- 1 lb ground lamb
- 2 TBS tomato puree + 3 oz water
- 8 oz pasta cooked according to package directions
- Drained yoghurt (Chaka) sold in Arabic stores as Lebni
- Cayenne pepper to taste
- 1 clove garlic minced
- ½ tsp each ground cumin and coriander
- ½ medium size carrot diced OR 2 small ones
- 4 oz green or brown lentils cooked
- 1 small handful of cilantro leaves for garnish

Saute the onion and 2 cloves garlic in olive oil until soft. Break up and add the lamb. Saute until browned. Then add carrot, tomato puree and water. Bring to a boil and simmer until cooked approximately 20 minutes. At 15 minutes, stir in the cooked lentils plus the coriander and cumin.

Meanwhile, cook pasta according to package directions.

In a small bowl, add 5 ounces of Lebni OR use Greek plain yoghurt. Stir until the consistency of a thick sauce. Mince the garlic and add the cayenne. Set aside.

In a serving bowl, mix the lamb etc with the drained pasta. Garnish with cilantro.

Serves 4-6 Put a dollop of Chaka on top of each serving.

ENJOY!

