



Pumpkin Majboos

Ingredients

- 1 large Pumpkin
- 1 tbsp Vegetable Oil
- 1 tbsp Olive Oil
- 1 large Onion, finely chopped
- 1 tsp Garlic, finely chopped
- 500 g Lamb shanks
- 1 tsp Ginger paste
- 2 tbsp Emarati ibzar
- 2 pieces Cinnamon stick
- 2 pieces Dried lemon
- 1 large Tomato, diced
- 1 Medium green chili pepper
- 2 cubes Maggi® Chicken Bouillon
- 1.5 cups Basmati rice
- 3 cups water
- 0.5 cup Coriander leaves, chopped

Instruction

1. Wash the pumpkin, cut it from the top and de-seed it.
2. Brush it with olive oil, and bake it in a preheated oven 180°C for 15 mins.
3. Meanwhile, sauté onions with olive oil until it softens.
4. Add the garlic, ginger paste, lamb and stir. Then add spices, dried lemon, cinnamon sticks and MAGGI® Chicken Bouillon cubes.
5. Add tomatoes, rice and water, and bring to boil.

Nutrition

Carbohydrates	55.36 g
Energy	433.9 kcal
Fats	13.99 g
Protein	22.92 g

🕒 60 Minutes

⊕ 6 Servings