

# Lamb and Rutabaga Pilaf with Bok Choy

by **Healing Family Eats**

Serves 4

3/4 lb ground lamb  
1 tbsp [coconut oil](#)  
3 large garlic cloves  
2+1/2 oz shiitake mushrooms, chopped  
3 [medjool dates](#), chopped into small pieces  
1+1/4 lb rutabaga, peeled, roughly chopped, and coarsely riced  
1/2 cup chicken broth  
generous pinch [sea salt](#)  
2 tbsp coconut aminos  
3 heads (7 oz) bok choy, separated  
juice 1/2 small lemon (1 tbsp) juice - meyer lemon if possible  
5 spring onions, sliced on diagonal  
1/2 bunch cilantro, chopped

Put the chopped dates into a small bowl and cover with 1 cup boiling water. Leave for 15 minutes to soften.

Heat a large sauté/frying pan and add the lamb.

Cook on a moderately high heat until it is starting to crisp, 10 mins. If it starts to catch on the bottom of the pan, add some of the date liquid one tablespoon at a time, and scrape the pan to release the sediment. Stir this into the lamb for extra flavour.

Add the coconut oil, along with the garlic and mushrooms. Continue to cook until the mushrooms have softened. Now add the dates, along with the liquid and the rutabaga. Pour in the broth, throw in a generous pinch of salt and stir well to combine. Bring up to the boil, cover the pan and turn down to a gentle heat. Cook for 8 minutes until the rutabaga is almost tender.

Now stir in the coconut aminos and push the bok choy into the mixture. Cover and cook for a further 6-7 mins until the greens have wilted.

Remove from the heat, stir in the lemon juice, spring onions and cilantro. Serve.

