



DINNER TWIST
LOCAL, HEALTHY, DELIVERED

for the
little ones



PLAIN Rice with
MeatBALLS



BENGAL LAMB MeatBALLS



35 Minutes



LAMB



4/6 ServINGS

Sweet Indian curry with juicy lamb meatballs, mango chutney, cherry tomatoes and flaked almonds. Served with yellow rice.

	PROTEIN	TOTAL FAT	CARBOHYDRATES
Per serve	31g	39g	76g/82g
4/6 Person:			

FROM YOUR BOX

	4 PERSON	6 PERSON
BASMATI RICE	300g	300g + 150g
TOMATOES	2	3
LEBANESE CUCUMBER	2	3
BROWN ONION	1	1
FLAKED ALMONDS	20g	2 x 20g
LAMB MINCE	600g	600g + 300g
BENGAL CURRY PASTE	1 sachet	2 sachets
TOMATO PASTE	1 sachet	2 sachets
COCONUT MILK	165ml	400ml
MANGO CHUTNEY	2 x 45g	4 x 45g

FROM YOUR PANTRY

oil for cooking, salt, pepper, ground cumin, ground turmeric

COOKING TOOLS

large frypan, saucepan

No time to roll? Cook the lamb mince straight in the pan until browned, then add the curry sauce ingredients. Easy lamb curry – done!

Before you start cooking!

Wash your veggies and set out all ingredients, pans, chopping board and knife.



1. COOK the RICE

Place **rice** in a saucepan with **1/2 tsp turmeric**. Cover with **600ml water**. Bring to a boil, cover with a lid and reduce to medium-low. Cook for 10–15 minutes or until water is absorbed.

6P – use 900ml water for the rice.

tip Skip the turmeric if you prefer!



4. Make & BROWN the MeatBALLS

Combine **lamb mince**, **grated onion**, **1 tsp ground cumin**, **salt and pepper** in a bowl. Roll into small meatballs (tablespoonfuls). Re-heat the frypan with **oil** over medium-high heat. Add **meatballs** and cook, turning gently, until starting to brown.

6P – use 1 1/2 tsp cumin.



2. PREP the VEGGIES

Dice **tomatoes** and **cucumbers**. Grate **1/4 brown onion** for the meatballs, then dice the **remaining onion** for the curry. Keep ingredients separate.

tip Veg boost the curry! Add zucchini, capsicum or sweet potato!



5. SIMMER the CURRY

Add **diced onion** and cook until softened. Stir in **diced tomato**, **curry paste**, **tomato paste**, **coconut milk** and **1 tub mango chutney**. Simmer gently for 5–8 minutes, or until **meatballs** are cooked through and **sauce** has thickened.

6P – add 2 tubs mango chutney.



3. toast the ALMONDS

Heat a large frypan over medium heat. Toast **flaked almonds** for 1–2 minutes until golden, then remove and set aside. Reserve pan.



6. finish AND SERVE

Serve **lamb meatballs and curry** with **yellow rice**. Top curry with **flaked almonds**, **diced cucumber** and a dollop of the **remaining mango chutney**.

tip Use some coriander, chives or mint as garnish if you have in your garden!