



### Product Spotlight: Mint

Mint is frequently used in various baked goods, chocolates and chewing gums as well as various lotions, perfumes and shampoos!



## Indian Lamb Skewers with Chapati and Mint Yoghurt

Lamb skewers spiced with garam masala and served with a tomato and cucumber salad, minted yoghurt and chapati bread.



30 minutes



2 servings



Lamb

24 February 2023

## Change the flavour!

*Instead of using garam masala, you can add dried oregano, rosemary, lemon zest or garlic to the lamb for a Greek twist to this dish.*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	40g	32g	54g

## FROM YOUR BOX

MINT	1 packet
LEBANESE CUCUMBER	1
GREEN CAPSICUM	1
TOMATO	1
LAMB MINCE	250g
YOGHURT	1 tub
WHOLEMEAL CHAPATIS	4-pack

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, vinegar (of choice), garam masala, skewers (optional)

## KEY UTENSILS

BBQ or frypan

## NOTES

Instead of making skewers, you can shape the mince into meatballs or rissoles.

**No gluten option – chapatis are replaced with GF burger buns.** Shape the lamb mince into burger patties. Cook in frypan as per step 3, serve in burger buns with yoghurt sauce and salad on the side. Alternatively, slice the salad ingredients and use as burger fillings.



### 1. PREPARE THE SALAD

Pick mint leaves and set aside half for the sauce.

Dice cucumbers, capsicum and tomato. Toss together with mint leaves, **2 tsp olive oil, 1 tsp vinegar, salt and pepper.**



### 2. PREPARE THE SKEWERS

Combine lamb mince with **1 tsp garam masala, salt and pepper.** Use oiled hands to shape evenly across **4 skewers** (see notes).



### 3. COOK THE SKEWERS

Heat a frypan with **oil** over medium-high heat. Add skewers and cook, turning, for 6-8 minutes or until cooked through.



### 4. MIX THE YOGHURT

Finely chop reserved mint leaves (2-3 tbsp) and combine with yoghurt, **1 tbsp olive oil, salt and pepper.**



### 5. WARM THE CHAPATIS

Wipe out frypan and re-heat over medium-high heat. Add the bread and heat for 10-30 seconds each side or until golden. Remove and wrap in a clean tea towel to keep warm.



### 6. FINISH AND SERVE

Arrange all components on a serving platter and take to the table to share.

**How did the cooking go?** We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

