



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Island Curries Curry Paste

In this recipe we're using GF & vegan curry paste sachets from *Island Curries* in Tasmania. They're full of flavour but not too spicy, making them great for kid-friendly cooking.



3 Indian-Style Beef Mince with Naan Breads

100% grass-fed, WA-raised beef mince featuring lots of exotic flavour from Tasmanian-made curry paste. Served with crunchy fresh veggies and satisfying naan bread.

 25 minutes

 2 servings

 Beef

15 March 2021

Extra herbs

We're adding chopped parsley to the yoghurt sauce in this dish, but don't be afraid to also experiment with other herbs you may have at home like mint or coriander.

FROM YOUR BOX

BEEF MINCE	300g
SPRING ONIONS	1/4 bunch *
TOMATO	1
CURRY PASTE	1 sachet
LEBANESE CUCUMBER	1
GREEN CAPSICUM	1/2 *
SALAD MIX	1/2 bag *
BABY NAAN BREADS	1 packet
NATURAL YOGHURT	2/3 cup *
PARSLEY	1/2 bunch *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

olive oil + oil for cooking, salt, pepper, cumin (ground or seeds), vinegar of choice (optional)

KEY UTENSILS

2 frypans

NOTES

Drizzle salad with olive oil and vinegar if desired.

You can instead use the cucumber in step 5 to make tzatziki. Simply grate it, squeeze out excess water, and add to the yoghurt sauce along with 1 crushed garlic clove.

Too much naan? Freeze some for another time.

No beef option – beef mince is replaced with chicken mince. Skip step 1. Add 2 tbsp oil into pan with chicken mince at beginning of step 2.

No gluten option – naan bread is replaced with GF Turkish breads.



1. COOK THE MINCE

Heat a frypan over high heat. Add beef mince and cook, breaking up with a spoon as you go, for 5–6 minutes until browned.



2. ADD THE CURRY PASTE

Slice spring onions, dice tomato and add to pan with curry paste and **1/2 cup water**. Simmer, uncovered, for 5–8 minutes. Season with **salt and pepper**.



3. PREPARE THE SALAD

Slice cucumber and capsicum. Arrange on a platter with salad mix (see notes).



4. HEAT THE NAAN BREADS

Heat another frypan over medium-high heat. Brush or spray naan breads (see notes) with a little **oil**. Sprinkle with **1 tsp cumin, salt and pepper** and heat in the frypan for 1–2 minutes each side.



5. MAKE YOGHURT SAUCE

Mix yoghurt with chopped parsley, **1 tbsp olive oil, 1 tbsp water, salt and pepper**.



6. FINISH AND PLATE

Take all components to the table for everyone to help themselves.

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**

