



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 Bread

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

 4 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	600g
SPRING ONIONS	1/4 bunch *
TOMATOES	2
CURRY PASTE	2 sachets
CONTINENTAL CUCUMBER	1/2 *
GREEN CAPSICUM	1
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 the 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.

**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 bread.



### 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 tomatoes and add to pan with curry paste and **1 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 bread 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**

