



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Baby Cos Lettuce

With a low-calorie content and high water volume, cos lettuce is a very nutritious food. It provides a good source of vitamin C, which is important for a healthy immune system, skin, bones, and teeth!



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## Curried Lamb and Chickpeas in Lettuce Cups

Lamb mince and chickpeas cooked in fragrant curry powder served in lettuce cups with fresh crunchy filling and tomato relish.



20 minutes



2 servings



Lamb

16 December 2022

## Bulk it up!

*To bulk up this meal, serve it with cooked basmati rice, Indian bread (naan, roti, chapati) or roasted root vegetables as a side.*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	43g	16g	57g

## FROM YOUR BOX

BROWN ONION	1
LAMB MINCE	250g
TINNED CHICKPEAS	400g
TOMATO	1
LEBANESE CUCUMBER	1
BABY COS LETTUCE	1
RELISH	1 jar

## FROM YOUR PANTRY

salt, pepper, curry powder

## KEY UTENSILS

large frypan

## NOTES

The flavour and heat levels of curry powder varies between brands. To ensure it's not too spicy, taste before adding our suggested amount.



### 1. COOK THE LAMB

Heat a frypan over medium-high heat. Slice onion. Add to pan along with lamb and cook for 5-6 minutes until browning begins, using the back of a spoon to break up mince.



### 2. ADD THE CHICKPEAS

Add **1 1/2 tbsp curry powder** (see notes) to pan. Sauté for 1 minute. Pour in chickpeas (including liquid). Simmer for 5-7 minutes until liquid is reduced. Season with **salt and pepper**.



### 3. PREPARE FRESH ELEMENTS

Meanwhile, wedge tomato, halve and slice cucumber and pull apart lettuce leaves. Arrange on a platter along with relish.



### 4. FINISH AND SERVE

Add lamb to platter and serve tableside.

**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**

