



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Peanuts

Peanuts are a great source of protein. They also contain other healthy nutrients, minerals, antioxidants, and vitamins. The amino acids in the protein are good for growth and development.



G4 Lamb Larb with Thai Basil

Larb-style lamb served with brown basmati rice, fresh and crunchy vegetables, Thai basil, peanuts and a vibrant lime dressing.



25 minutes



4 servings



Lamb

25 November 2022

Fried Rice!

Turn this dish into fried rice! Add the cooked rice and carrot to the frypan with the lamb mince. Cook to combine. Drizzle dressing over to serve along with the remaining ingredients.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	38g	24g	30g

FROM YOUR BOX

BROWN BASMATI RICE	1 packet (300g)
CARROTS	2
RED CHILLI	1
WATERCRESS	1 sleeve
THAI BASIL	1 packet (10g)
SALTED/ROASTED PEANUTS	1 packet (40g)
LAMB MINCE	600g
LIME	1

FROM YOUR PANTRY

olive oil, salt, pepper, ground coriander, fish sauce (see notes)

KEY UTENSILS

large frypan, saucepan

NOTES

Substitute fish sauce with soy sauce or tamari if preferred.

Remove seeds from the chilli for a milder dish.



1. COOK THE RICE

Place rice in a saucepan, cover with 1.5 x amount of water. Bring to a boil. Cover with a lid and reduce to low heat for 10–15 minutes. Remove from heat and stand for 5 minutes. Stir carefully with a fork.



2. PREPARE FRESH ELEMENTS

Grate or julienne carrots. Thinly slice chilli (see notes). Trim watercress. Pick Thai basil leaves and roughly chop peanuts.



3. COOK THE LAMB MINCE

Heat a large frypan over medium–high heat. Add lamb mince along with **1 1/2 tbsp coriander**. Use the back of a cooking spoon to break up mince and cook for 6–8 minutes until mince is browned. Season with **salt and pepper**.



4. MAKE THE LIME DRESSING

Zest lime. Juice half lime (wedge remaining) and set aside. Add to a bowl along with **2 tbsp olive oil, 2 tbsp fish sauce** and **pepper**. Whisk to combine.



5. FINISH AND SERVE

Serve rice on plates along with lamb mince, fresh elements and lime dressing.

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**

