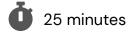




Lamb Larb

with Thai Basil

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







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.

PROTEIN TOTAL FAT CARBOHYDRATES

24g

38g

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 11/2 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.



