



### Product Spotlight: Mint

Did you know there is plenty of flavour in mint stems? You can use them to flavour a sugar syrup to mix into drinks!



## Tandoori Lamb Meatballs with Yellow Rice

Juicy lamb meatballs flavoured with tandoori spice paste from Island Curries, served on a bed of yellow rice with cherry tomato salad and topped with a mint yoghurt.



25 minutes



Lamb



2 servings

## Make a biryani!

*You can cook the lamb mince, rice, shallot and tomatoes all in the one pan with tandoori paste to make a flavourful biryani rice! Serve with mint yoghurt and cucumber on top.*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	43g	33g	62g

## FROM YOUR BOX

BASMATI RICE	150g
CHERRY TOMATOES	200g
LEBANESE CUCUMBER	1
SHALLOT	1
MINT	1 packet
GARLIC CLOVE	1
LAMB MINCE	300g
TANDOORI PASTE	1 sachet
NATURAL YOGHURT	1 tub

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, ground turmeric, red wine vinegar

## KEY UTENSILS

large frypan, saucepan with lid

## NOTES

We used 1 tbsp measure to shape the meatballs. For a milder flavour, use 1/2 sachet tandoori paste.

Keep the frypan over medium to medium-low heat to prevent the spices from burning. Alternatively you can cook the meatballs in the oven.



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### 1. COOK THE RICE

Place **rice**, **1/4 tsp turmeric** and pinch of **salt** in a saucepan. Cover with **300ml water**. Cover with a lid and bring to a boil. Reduce to medium-low heat for 10-15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.



### 2. PREPARE THE SALAD

Halve **tomatoes**, dice **cucumber** and finely chop **shallot** (use to taste). Toss with **1 tbsp vinegar**, **1 tbsp olive oil**, **salt** and **pepper**. Set aside.



### 3. PREPARE MINT YOGHURT

Finely slice **mint leaves**. Combine **1/2 mint** with **1/2 crushed garlic clove** and **yoghurt** (set aside remaining mint for garnish) and season with **salt** and **pepper**.



### 4. PREPARE THE MEATBALLS

Combine **lamb mince** with remaining **1/2 crushed garlic clove**, **tandoori paste**, **salt** and **pepper**. Use wet hands to shape into even sized **meatballs** (see notes).



### 5. COOK THE MEATBALLS

Heat a frypan over medium heat with **oil** (see notes). Add **lamb meatballs** and cook for 8-10 minutes turning or until cooked through.



### 6. FINISH AND SERVE

Divide **rice**, **meatballs** and **salad** among bowls. Dollop with **mint yoghurt** and garnish with **remaining mint**.

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