



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



4/6 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
	44g	25g/29g	63g
4/6 Person:			

FROM YOUR BOX

	4 PERSON	6 PERSON
BASMATI RICE	300g	300g + 150g
CHERRY TOMATOES	200g	2 x 200g
LEBANESE CUCUMBERS	2	2
SHALLOT	1	1
MINT	1 packet	1 packet
GARLIC CLOVE	1	2
LAMB MINCE	600g	600g + 300g
TANDOORI PASTE	1 sachet	2 sachets
NATURAL YOGHURT	1 tub	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.

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



1. COOK THE RICE

Place **rice**, **1/2 tsp turmeric** and pinch of **salt** in a saucepan. Cover with **600ml 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.
6P - use 3/4 tsp turmeric and 900ml water.



2. PREPARE THE SALAD

Halve **tomatoes**, dice **cucumbers** and finely chop **shallot**. Toss with **1 tbsp vinegar**, **1 tbsp olive oil**, **salt and pepper**. Set aside.

6P - use 1 1/2 tbsp vinegar and 1 1/2 tbsp olive oil.



3. PREPARE MINT YOGHURT

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

6P - add 1 1/2 crushed garlic cloves and 1 1/2 sachets tandoori paste.



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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