



Product Spotlight: Tandoori Spice Paste

Island Curries make quality curry pastes using the best ingredients. The tandoori paste can have a bit of a kick so if you are sensitive to spice you can add in half the amount.



Lamb & Pumpkin Tandoori Curry with Roti Breads

This warm, spiced curry is perfect for cooler nights. Sweet pumpkin and lamb mince are cooked in a flavourful curry sauce until tender, served with flaky roti bread on the side.



35 minutes



2 servings



Lamb

Switch it up!

You can use these ingredients to make a stuffed pumpkin! Halve and roast the pumpkin before filling with curry mince. Serve with a dollop of yoghurt. Alternatively, you can create curried lamb koftas to serve with roti bread.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	56g	62g	183g

FROM YOUR BOX

LAMB MINCE	300g
BROWN ONION	1
TANDOORI PASTE	1 sachet
TINNED CHERRY TOMATOES	400g
BUTTERNUT PUMPKIN	1
ROTI BREADS	4-pack
ENGLISH SPINACH	1 bunch
NATURAL YOGHURT	1 tub

FROM YOUR PANTRY

oil/butter for cooking, salt, pepper

KEY UTENSILS

large frypan, frypan

NOTES

Use half the curry paste if you prefer less spice. You can add ground cumin or garam masala for extra flavour.

Use the pumpkin to taste. Add more water if needed when using the whole pumpkin.

No gluten option - roti breads are replaced with 150g basmati rice. Place rice in a saucepan, cover with 300ml water. Cover with a lid and bring to a boil. Reduce to lowest heat for 10-15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.



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1. BROWN THE MINCE

Heat a large deep pan with **oil** over medium-high heat. Add lamb mince to cook for 5-6 minutes, breaking up lumps with a wooden spoon.



2. PREPARE THE VEGETABLES

Dice and add onion. Cook for a further 3 minutes then stir in curry paste (see notes). Pour in tinned cherry tomatoes along with **1 tin (400ml water)**. Bring to a simmer.



3. SIMMER THE CURRY

Peel and dice pumpkin into 2-3cm pieces (see notes). Add to curry and simmer uncovered for 20 minutes or until tender.



4. WARM THE BREADS

In the meantime, heat a frypan over medium heat with **butter or oil**. Warm the roti bread for 30 seconds each side. Place in a clean kitchen towel as you go.



5. STIR IN THE SPINACH

Trim, wash and chop spinach (use to taste). Add to curry and stir until wilted. Adjust seasoning with **salt and pepper** to taste.



6. FINISH AND SERVE

Divide curry between bowls and top with yoghurt. Serve with roti breads.

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**

