



### 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



4 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: | <b>PROTEIN</b> | <b>TOTAL FAT</b> | <b>CARBOHYDRATES</b> |
|            | 45g            | 59g              | 118g                 |

## FROM YOUR BOX

|                        |           |
|------------------------|-----------|
| LAMB MINCE             | 600g      |
| BROWN ONION            | 1         |
| TANDOORI PASTE         | 2 sachets |
| TINNED CHERRY TOMATOES | 400g      |
| BUTTERNUT PUMPKIN      | 1         |
| ROTI BREADS            | 8-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.

You can roast the pumpkin then add to the curry instead if you prefer!

**No gluten option - roti breads are replaced with 300g basmati rice.** Place rice in a saucepan, cover with 600ml 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 **2 tins (800ml 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. 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**

