



Product Spotlight: Baby Cos Lettuce

With a low-calorie content and high water volume, cos lettuce is a very nutritious food. It provides a good source of vitamin C, which is important for a healthy immune system, skin, bones, and teeth!



Curried Lamb and Chickpeas in Lettuce Cups

Lamb mince and chickpeas cooked in fragrant curry powder, served with fresh crunchy filling and tomato relish in lettuce cups.



20 minutes



2 servings



Lamb

Bulk it up!

To bulk up this meal, serve it with cooked basmati rice, Indian bread (naan, roti, chapati) or roasted root vegetables as a side.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	32g	29g	50g

FROM YOUR BOX

BROWN ONION	1
LAMB MINCE	250g
TINNED CHICKPEAS	400g
TOMATO	1
LEBANESE CUCUMBER	1
BABY COS LETTUCE	1
RELISH	1 jar

FROM YOUR PANTRY

salt, pepper, curry powder

KEY UTENSILS

large frypan

NOTES

The flavour and heat levels of curry powder varies between brands. To ensure it's not too spicy, taste before adding our suggested amount. You can use an Indian curry paste such as butter chicken, tandoori or similar if you have one!



1. COOK THE LAMB

Heat a frypan over medium-high heat. Slice **onion**. Add to pan along with **lamb** and cook for 5-6 minutes until browning begins, using the back of a spoon to break up **mince**.



2. ADD THE CHICKPEAS

Add **1 1/2 tbsp curry powder** (see notes) to pan. Sauté for 1 minute. Pour in **chickpeas** (including liquid). Simmer for 5-7 minutes until **liquid** is reduced. Season with **salt and pepper**.



3. PREPARE FRESH ELEMENTS

Meanwhile, wedge **tomato**, halve and slice **cucumber** and pull apart **lettuce leaves**. Arrange on a platter along with **relish**.



4. FINISH AND SERVE

Add **lamb** to platter and serve tableside.



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