

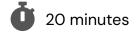


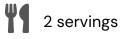


## **Curried Lamb and Chickpeas**

### in Lettuce Cups

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







# 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
ТОМАТО	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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