



### Product Spotlight: Nectarine

Eating nectarines is a healthy way to include many vitamins and minerals in your diet. Choose a firm nectarine for a nutritious snack, or serve sliced with a drizzle of honey for a nutrient-packed dessert!



## Curried Lamb with Lentils and Nectarine

Lamb skewers spiced with curry powder served with fresh vegetables and nectarine and topped with a drizzle of cumin seed sauce.



30 minutes



2 servings



Lamb

### Spice it up!

*If you are looking to add something to this dish you could dot over some feta cheese, labneh or goat's cheese. Use lemon juice instead of vinegar in the sauce and sprinkle over some dried chilli flakes.*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	40g	51g	35g

## FROM YOUR BOX

LAMB MINCE	300g
TINNED LENTILS	400g
CHERRY TOMATOES	200g
LEBANESE CUCUMBER	1
NECTARINE	1
BABY COS LETTUCE	1

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, curry powder, white wine vinegar, honey, cumin seeds, skewers

## KEY UTENSILS

frypan (or BBQ)

## NOTES

Instead of putting the lamb onto skewers you can form the mince into your desired shape and bake on a lined oven tray.

Toast the cumin seeds in a dry frypan over medium-high heat for 2-4 minutes for extra flavour if desired. If you don't have cumin seeds you can use ground cumin, coriander seeds or ground coriander.



### 1. MAKE THE LAMB SKEWERS

Mix **lamb mince** with **2 tsp curry powder**, **salt and pepper**. Use even amounts of mince and shape onto **8 skewers** (see notes).



### 2. PREPARE THE VEGETABLES

Drain and rinse **lentils**. Halve **cherry tomatoes**. Slice **cucumber** and **nectarine**. Wedge **lettuce**.



### 3. COOK THE SKEWERS

Heat a frypan (or BBQ) over medium-high heat with **oil**. Add skewers and cook, turning occasionally, for 6-8 minutes or until cooked through.



### 4. MAKE THE SAUCE

In a bowl whisk together **2 tbsp olive oil**, **1 1/2 tbsp vinegar**, **1/4 tsp honey** and **1/2 tsp cumin seeds** (see notes). Season with **salt and pepper**.



### 5. FINISH AND SERVE

Divide prepared vegetables among plates. Top with lamb skewers and drizzle over prepared sauce.



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