



Product Spotlight: Butternut Pumpkin

Also known as butternut squash, butternut pumpkin is a type of winter squash that grows on a vine. It has a sweet, nutty taste similar to that of pumpkin!



Sri Lankan Lamb Curry with Coconut Sambal

Lamb mince cooked in warming spices and coconut milk with butternut pumpkin and broccoli makes up this hearty curry, served with fresh coconut sambal and pappadums.



30 minutes



2 servings



Lamb

Leave it on!

We recommend leaving the skin on your pumpkin. Not only does it save on preparation time, you will also have the added nutritional benefits provided by the skin.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	43g	62g	47g

FROM YOUR BOX

LAMB MINCE	250g
BROWN ONION	1
SRI LANKAN SPICE MIX	1 packet
BUTTERNUT PUMPKIN	1
COCONUT MILK	165ml
LIME	1
LEBANESE CUCUMBER	1
GREEN CHILLI	1
DESICCATED COCONUT	1 packet
BROCCOLI	1
PAPPADUMS	1 packet

FROM YOUR PANTRY

salt, pepper, 1 stock cube of choice

KEY UTENSILS

large frypan

NOTES

Cooking the pappadums in the microwave according to packet instructions is the quickest method and uses less oil.

Sri Lankan spice mix: ground turmeric, ground cumin, ground coriander, ground cinnamon, ground cardamom, smoked paprika



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1. SAUTÉ THE AROMATICS

Heat a large frypan over medium-high heat. Add **lamb mince** and cook for 3 minutes. Slice **onion** and add to pan along with **spice mix**. Cook for a further 3 minutes until fragrant and onion begins to soften (see step 2).



2. ADD PUMPKIN & SIMMER

Meanwhile, dice **pumpkin** (see cover for notes). Reserve 2 tsp coconut milk (see step 3), add remaining to pan along with pumpkin, **stock cube** and **1 1/2 tins water**. Cover and simmer curry for 10-15 minutes.



3. MAKE THE SAMBAL

Zest **lime** (wedge remaining lime and set aside). Dice **cucumber** and finely chop **chilli**. Add to a bowl along with reserved coconut milk and **desiccated coconut**. Season with **salt** and mix to combine.



4. ADD THE BROCCOLI

Finely chop broccoli stems and roughly chop remaining into florets. Add to curry and cook for a further 5 minutes.



5. COOK THE PAPPADUMS

Cook the **pappadums** according to preferred method on packet (see notes).



6. FINISH AND SERVE

Season curry to taste with **salt and pepper**.

Serve curry tableside. Top with sambal and serve with pappadums.

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