



Product Spotlight: Island Curries

Based in Tasmania, Island Curries make quality curry pastes using the best ingredients. Their products are full of flavour, gluten and allergen-free, with no added preservatives.



Tandoori Lamb

with Coconut Brown Basmati Rice

Lamb skewers flavoured with tandoori paste from Island Curries, served over nutty brown basmati rice cooked with coconut milk, cucumber and mint raita and fresh tomato.



30 minutes



2 servings



Lamb

Switch it up!

If preferred, make larger skewers which means using less skewers. Alternatively, make koftas, meatballs or cook the lamb mince in a frypan with the tandoori paste, tomatoes and green beans.

Per serve: **PROTEIN** 37g **TOTAL FAT** 78g **CARBOHYDRATES** 86g

FROM YOUR BOX

COCONUT MILK	400ml
BROWN BASMATI RICE	150g
LAMB MINCE	300g
TANDOORI PASTE	1 sachet
GREEN BEANS	150g
LEBANESE CUCUMBER	1
MINT	1 packet
TOMATO	1

FROM YOUR PANTRY

oil for cooking, salt, pepper, white vinegar, skewers (optional)

KEY UTENSILS

large frypan, saucepan

NOTES

Switch up the raita by using natural or Greek yoghurt instead of coconut milk.



1. MAKE THE COCONUT RICE

Reserve 2 tbsp coconut milk in a bowl and pour remaining into a saucepan along with rice. Add **1/2 cup water** and a pinch of **salt**. 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.



4. COOK THE GREEN BEANS

While skewers cook, trim and halve beans. When ready, add beans and **3 tbsp water** to the pan. Cook for 4–6 minutes until beans are tender. Season to taste with **salt and pepper**.



2. MAKE THE LAMB SKEWERS

Add lamb mince and tandoori paste to a bowl. Season with **salt and pepper**, and mix to combine. Thread onto **6 skewers** (see cover for notes).



3. COOK THE SKEWERS

Heat a large frypan over medium-high heat with **oil**. Add skewers and cook for 8–10 minutes, turning, until browned all over. Keep pan over heat (see step 4).



5. MAKE THE TOPPINGS

To make the raita (see notes); dice cucumber, finely chop mint. Add to bowl with coconut milk, along with **2 tsp vinegar, salt and pepper**. Mix to combine. Wedge tomato.



6. FINISH AND SERVE

Divide coconut rice among plates. Serve with skewers, green beans, tomato wedges and raita.



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