



**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 Rice**

Juicy lamb, green beans and tomato simmered in a fragrant tandoori spice paste, served over creamy coconut rice with a cooling cucumber-mint raita.

 30 minutes

 2 servings

 Lamb

**Switch it up!**

*Got skewers on hand? Mix diced onion, lamb mince and tandoori paste, shape into koftas and thread onto skewers. BBQ or cook in a frypan. Serve tomato fresh with coconut rice and raita.*

|            |         |           |               |
|------------|---------|-----------|---------------|
| Per serve: | PROTEIN | TOTAL FAT | CARBOHYDRATES |
|            | 39g     | 37g       | 59g           |

## FROM YOUR BOX

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

## FROM YOUR PANTRY

oil for cooking, salt, pepper, white wine vinegar

## KEY UTENSILS

large frypan, saucepan

## NOTES

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



### 1. MAKE COCONUT RICE

Reserve **1 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 medium-low heat for 10–15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.



### 2. PREPARE THE INGREDIENTS

Dice **onion**, wedge **tomato**, and trim and halve **green beans**.



### 3. BROWN THE MINCE

Heat a large frypan over medium-high heat with **oil**. Add **onion** and **lamb mince**, breaking up lumps with a spoon. Cook for 5–8 minutes until **lamb** begins to brown and **onion** begins to soften.



### 4. ADD THE VEGETABLES

Add **tandoori paste** and **tomato** to pan. Cook for 1 minute. Add **green beans** and **1/2 cup water**. Cook for 3–4 minutes or until **beans** are tender. Season to taste with **salt and pepper**.



### 5. MAKE THE RAITA

To make the raita (see notes), crescent **cucumber**, finely chop **mint**. Add to bowl with reserved **coconut milk**, **1 tsp vinegar**, **salt and pepper**. Mix to combine.



### 6. FINISH AND SERVE

Divide **coconut rice** among shallow bowls. Add **tandoori lamb** and top with **raita**.



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