



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



4 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** 39g **TOTAL FAT** 70g **CARBOHYDRATES** 83g

FROM YOUR BOX

COCONUT MILK	400ml
BROWN BASMATI RICE	300g
LAMB MINCE	600g
TANDOORI PASTE	2 sachets
GREEN BEANS	150g
LEBANESE CUCUMBER	1
MINT	1 packet
TOMATOES	2

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 COCONUT RICE

Reserve **2 tbsp coconut milk** in a bowl and pour remaining into a saucepan along with rice. Add **1 1/2 cups 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.



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 **12 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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