



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



4/6 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. Sauté green beans and serve tomato fresh with coconut rice and raita.

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
4/6 Person:	39g	31g	50g

FROM YOUR BOX

	4 PERSON	6 PERSON
COCONUT MILK	400ml	400ml
BROWN BASMATI RICE	300g	300g + 150g
BROWN ONION	1	2
TOMATOES	2	3
GREEN BEANS	150g	2 x 150g
LAMB MINCE	600g	600g + 300g
TANDOORI PASTE	2 sachets	3 sachets
LEBANESE CUCUMBER	1	2
MINT	1 packet	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 **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.

6P – reserve 3 tbsp coconut milk. Add 2 cups water and a pinch of salt.



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**.

6P – add 3/4 cup water.



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.

6P – use 2 tsp vinegar, salt and pepper.



6. FINISH AND SERVE

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



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