



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Mint

Mint is frequently used in various industries in the production of baked goods, chocolates and chewing gums as well as various lotions, perfumes and shampoos!



## N4 Indian Lamb Skewers with Chapati & Chopped Salad

Mildly spiced lamb skewers using curry paste from Island Curries. Served with simple tomato and cucumber salad, minted yoghurt and chapati breads.

 30 minutes

 4 servings

 Lamb

January-February 2022

## Change the flavour!

*Instead of using the curry paste you can easily add some dried oregano, rosemary, lemon rind and garlic for a Greek twist to this dish.*

## FROM YOUR BOX

CURRY PASTE	1 sachet
DICED LAMB	500g
MINT	1 bunch
LEBANESE CUCUMBERS	2
GREEN CAPSICUM	1
TOMATOES	2
NATURAL YOGHURT	1 tub (200g)
CHAPATI BREAD	1 packet

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, vinegar (of choice)

## KEY UTENSILS

grill/frypan or barbecue, frypan, skewers (optional)

## NOTES

If you are not using skewers, heat a frypan to medium-high and cook tossing for 5-6 minutes or until cooked to your liking.

**No gluten option - Chapati bread is replaced with 300g basmati rice.** Place rice in a saucepan, cover with 1.5 x amount of water. Cover with a lid, cook over low heat for 10-15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.



### 1. MARINATE THE LAMB

Place curry paste and diced lamb into a bowl with **1 tbsp oil**. Mix well. Thread onto skewers (see notes).



### 2. MAKE THE SALAD

Pick mint leaves and set aside half for the sauce.

Dice cucumbers, capsicum and tomatoes. Toss together with mint leaves, **1 tbsp olive oil, 1/2 tbsp vinegar, salt and pepper.**



### 3. COOK THE LAMB

Heat a pan (or barbecue) with **oil** over medium-high heat. Add skewers and cook, turning, for 6-8 minutes or until cooked to your liking.



### 4. MIX THE YOGHURT

Finely chop reserved mint leaves (2-3 tbsp) and combine with yoghurt, **1 tbsp olive oil, salt and pepper.**



### 5. WARM THE BREADS

Heat a frypan over medium-high heat. Add the breads and heat for 10 seconds each side or until golden. Remove and wrap in a clean towel to keep warm.



### 6. FINISH AND SERVE

Arrange all components on a serving platter and take to the table to share.

**How did the cooking go?** We'd love to know - help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

