





# Spiced Lamb Salad

## with Peanut Dressing

Curried diced lamb tossed in a vibrant crunchy salad with bean shoots, cucumber and carrot, drizzled with a spiced peanut dressing and finished with chilli and coriander.







# Make skewers!

Thread lamb onto skewers and barbecue instead if you prefer! Add any veggies of choice

TOTAL FAT CARBOHYDRATES

42g

24g

16g

#### FROM YOUR BOX

PEANUT BUTTER	2 slugs
LEMON	1
RED CHILLI	1
CORIANDER	1 packet
ROASTED PEANUTS	1 packet (40g)
RADISHES	1 bunch
CARROTS	2
LEBANESE CUCUMBERS	2
BEAN SHOOTS	1 bag
DICED LAMB	600g

#### FROM YOUR PANTRY

oil for cooking, fish sauce, sugar (of choice), curry powder

#### **KEY UTENSILS**

large frypan, stick mixer or blender

#### **NOTES**

We used a neutral oil for the dressing but olive oil would work well too!

You can deseed the chilli if you prefer less heat.





#### 1. PREPARE THE DRESSING

Blend together peanut butter, lemon juice, 1 tsp curry powder, 2 tbsp fish sauce, 1 tbsp sugar and 1 tbsp oil (see notes) using a stick mixer or blender. Set aside.



#### 2. PREPARE THE GARNISH

Slice chilli (see notes). Chop coriander and peanuts. Set aside.



#### 3. PREPARE THE SALAD

Slice radishes (use to taste). Julienne or grate carrots. Deseed and slice (or dice) cucumbers. Set aside with bean shoots.



### 4. COOK THE LAMB

Coat lamb with 2 tsp curry powder and oil. Heat a large frypan over high heat. Cook lamb for 6-8 minutes, tossing or until cooked to your liking.



### **5. FINISH AND SERVE**

Gently toss cooked lamb with prepared salad. Drizzle with dressing and garnish with chilli, coriander and peanuts.

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



