




### Product Spotlight: Peanuts


Peanuts are a great source of protein. They also contain other healthy nutrients, minerals, antioxidants, and vitamins. The amino acids in the protein are good for growth and development.



## 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.

 25 minutes

 4 servings

 Lamb

## Make skewers!

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

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	42g	24g	16g

## FROM YOUR BOX

PEANUT BUTTER	2 tubs
LEMON	1
RED CHILLI	1
CORIANDER	1 packet
ROASTED PEANUTS	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.



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### 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**

