



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



4/6 servings



Lamb

Make skewers!

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

Per serve : **PROTEIN** 38g **TOTAL FAT** 24g **CARBOHYDRATES** 14g

FROM YOUR BOX

	4 PERSON	6 PERSON
PEANUT BUTTER	2 x 20g	3 x 20g
LEMON	1	2
RED CHILLI	1	1
CORIANDER	1 packet	2 packets
ROASTED PEANUTS	40g	2 x 40g
RADISHES	1 bunch	1 bunch
CARROTS	2	3
LEBANESE CUCUMBERS	2	3
BEAN SHOOTS	1 bag	1 bag
DICED LAMB	600g	600g + 300g

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.

6P – Blend together **peanut butter**, **juice from 1 1/2 lemon**, **2 tsp curry powder**, **3 tbsp fish sauce**, and **2 tbsp oil**.



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.

6P – Coat **lamb** with **3 tsp curry powder** and **oil**. Cook in batches.



5. FINISH AND SERVE

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

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