



Product Spotlight: Baby Cos Lettuce


With a low-calorie content and high water volume, cos lettuce is a very nutritious food. It provides a good source of vitamin C, which is important for a healthy immune system, skin, bones, and teeth!



G4 Curried Lamb and Chickpeas in Lettuce Cups

Lamb mince and chickpeas cooked in fragrant curry powder served in lettuce cups with fresh crunchy filling and tomato relish.

 20 minutes

 4 servings

 Lamb

16 December 2022

Bulk it up!

To bulk up this meal, serve it with cooked basmati rice, Indian bread (naan, roti, chapati) or roasted root vegetables as a side.

Per serve: **PROTEIN** 35g **TOTAL FAT** 13g **CARBOHYDRATES** 32g

FROM YOUR BOX

BROWN ONION	1
LAMB MINCE	500g
TINNED CHICKPEAS	400g
TOMATOES	2
LEBANESE CUCUMBER	1
BABY COS LETTUCE	2-pack
RELISH	1 jar

FROM YOUR PANTRY

salt, pepper, curry powder

KEY UTENSILS

large frypan

NOTES

The flavour and heat levels of curry powder varies between brands. To ensure it's not too spicy, taste before adding our suggested amount.



1. COOK THE LAMB

Heat a frypan over medium-high heat. Slice onion. Add to pan along with lamb and cook for 5-6 minutes until browning begins, using the back of a spoon to break up mince.



2. ADD THE CHICKPEAS

Add **2 tbsp curry powder** (see notes) to pan. Sauté for 1 minute. Pour in chickpeas (including liquid). Simmer for 5-7 minutes until liquid is reduced. Season with **salt and pepper**.



3. PREPARE FRESH ELEMENTS

Meanwhile, wedge tomatoes, halve and slice cucumber and pull apart lettuce leaves. Arrange on a platter along with relish.



4. FINISH AND SERVE

Add lamb to platter and serve tableside.

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

