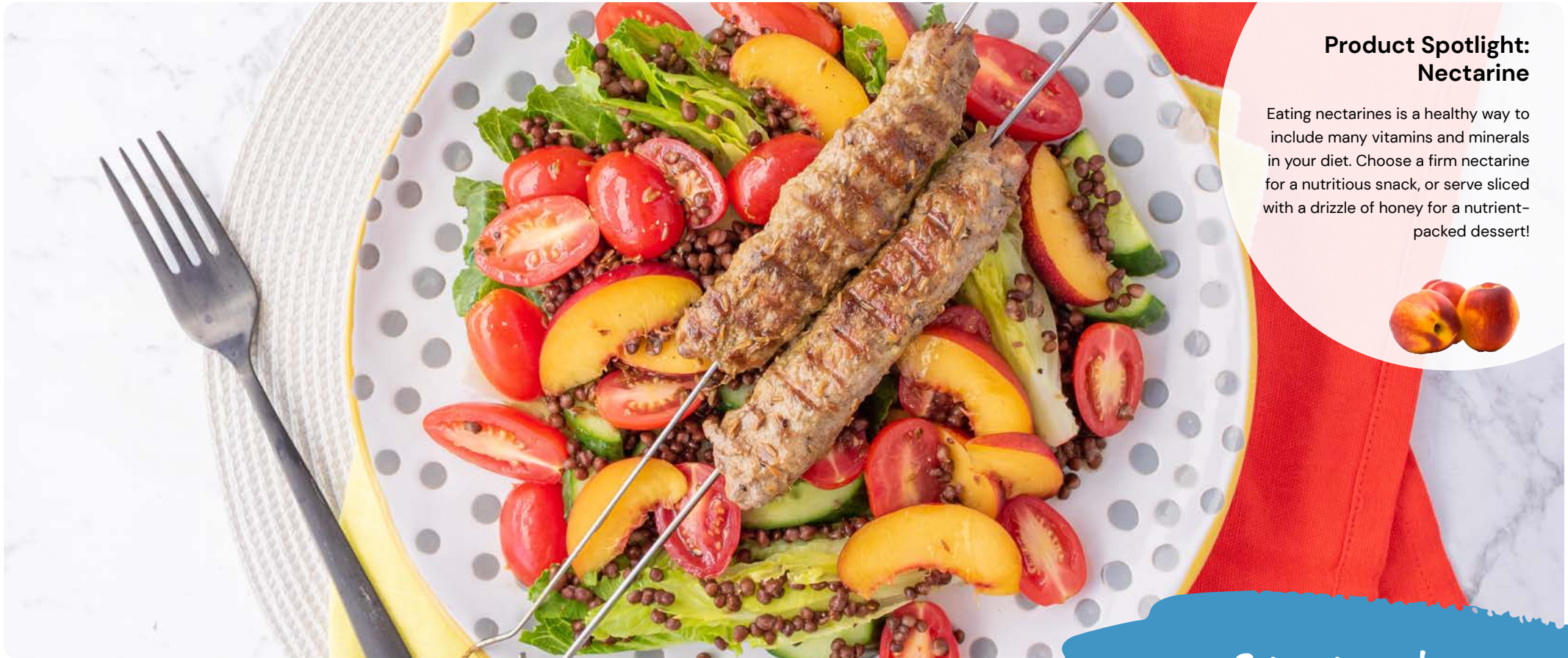




DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Nectarine

Eating nectarines is a healthy way to include many vitamins and minerals in your diet. Choose a firm nectarine for a nutritious snack, or serve sliced with a drizzle of honey for a nutrient-packed dessert!



G4 Curried Lamb with Lentils and Nectarine

Curry powder spiced lamb skewers with fresh vegetables and nectarine, served with a cumin seed sauce drizzled over.

 30 minutes

 4 servings

 Lamb

4 March 2022

Spice it up!

If you are looking to add something to this dish you could dot over some feta cheese, labne or goats cheese. Use lemon juice instead of vinegar in the sauce and sprinkle over some dried chilli flakes.

Per serve: **PROTEIN** 38g **TOTAL FAT** 37g **CARBOHYDRATES** 33g

FROM YOUR BOX

LAMB MINCE	600g
TINNED LENTILS	2 x 400g
CHERRY TOMATOES	1 bag (400g)
LEBANESE CUCUMBERS	2
NECTARINES	2
GEM LETTUCE	3-pack

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, curry powder, white wine vinegar, honey, cumin seeds, skewers

KEY UTENSILS

large frypan (or BBQ)

NOTES

Instead of putting the lamb onto skewers you can form the mince into you desired shape and bake on a lined oven tray.

Toast the cumin seeds in a dry frypan over medium-high heat for 2-4 minutes for extra flavour if desired. If you don't have cumin seeds you can use ground cumin, coriander seeds or ground coriander.



1. FORM LAMB SKEWERS

Mix lamb mince with **1 tbsp curry powder, salt and pepper**. Form even amounts of mince onto 8 skewers (see notes).



2. PREPARE VEGETABLES

Drain and rinse lentils. Halve cherry tomatoes. Slice cucumbers and nectarines. Wedge lettuce.



3. COOK THE SKEWERS

Heat a pan (or BBQ) over medium-high heat with **oil**. Add skewers and cook, turning occasionally, for 6-8 minutes or until cooked through.



4. MAKE THE SAUCE

In a bowl whisk together **1/4 cup olive oil, 3 tbsp vinegar, 1/2 tsp honey and 1 tsp cumin seeds** (see notes). Season with **salt and pepper**.



5. FINISH AND SERVE

Divide prepared vegetables among plates. Top with lamb skewers and drizzle over prepared sauce.

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**

