



Coconut Lamb Tikka

with Sweet Potatoes and Garlic Naan

Discovery Family Friendly 30 Minutes



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Ground Lamb



Indian Spice Mix



Coconut Milk



Basmati Rice



Sweet Potato



Shallot



Carrot



Garlic, cloves



Green Onion



Naan Bread



Tikka Sauce

HELLO COCONUT MILK
A delicious dairy alternative!

Start here

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

Measurements within steps **1 tbsp** (2 person) **(2 tbsp)** (4 person) **oil** Ingredient

Bust out

2 Baking sheets, vegetable peeler, measuring spoons, silicone brush, medium pot, parchment paper, small bowl, measuring cups, large non-stick pan

Ingredients

	2 Person	4 Person
Ground Lamb	250 g	500 g
Indian Spice Mix	2 tbsp	4 tbsp
Coconut Milk	165 ml	400 ml
Basmati Rice	¾ cup	1 ½ cups
Sweet Potato	170 g	340 g
Shallot	50 g	100 g
Carrot	170 g	340 g
Garlic, cloves	2	4
Green Onion	2	4
Naan Bread	2	4
Tikka Sauce	½ cup	1 cup
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 71°C/160°F.

Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.



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Roast veggies

- Peel, then halve **carrot** lengthwise. Cut into ¼-inch half-moons.
- Peel, then cut **sweet potato** into ½-inch cubes.
- Add **sweet potatoes, carrots, 1 tsp** (2 tsp) **Indian Spice Mix** and **1 tbsp** (2 tbsp) **oil** to a parchment-lined baking sheet. Season with **salt** and **pepper**, then toss to combine.
- Roast in the **middle** of the oven until tender-crisp, 10-12 min.



Cook aromatics

- Reduce heat to medium, then add **remaining Indian Spice Mix, tikka sauce** and **half the garlic** to the pan with **lamb**.
- Cook, stirring occasionally, until fragrant, 2-3 min.



Cook rice and prep

- Meanwhile, add **1 ¼ cups** (2 ½ cups) **water** and **½ tsp** (¼ tsp) **salt** to a medium pot. Cover and bring to a boil over high heat.
- While **water** comes to a boil, peel, then mince or grate **garlic**.
- Peel, then mince **shallot**.
- Thinly slice **green onion**.
- Add **rice** to the **boiling water**, then reduce heat to low. Cover and cook until **rice** is tender and **liquid** is absorbed, 12-14 min.
- Remove the pot from heat. Set aside, still covered.



Finish curry and toast naan

- Add **coconut milk, roasted veggies, ½ cup** (1 cup) **water, salt** and **pepper** to the pan with **lamb mixture**.
- Reduce heat to low and cook, stirring often, until **curry** thickens slightly, 3-4 min.
- Meanwhile, add **remaining garlic** and **1 tbsp** (2 tbsp) **butter** to a small microwavable bowl. Microwave until **butter** melts, 30 sec.
- Add **naan** to an unlined baking sheet. Brush both sides with **melted garlic butter**.



Cook lamb

- Meanwhile, heat a large non-stick pan over medium-high heat.
- When hot, add **½ tbsp** (1 tbsp) **oil**, then **lamb** and **shallots**. Cook, breaking up **lamb** into smaller pieces, until no pink remains, 4-5 min.**
- Season with **salt** and **pepper**.



Finish and serve

- Fluff **rice** with a fork, then stir in **half the green onions** and season with **salt**.
- Divide **rice** between plates, then top with **lamb curry**.
- Sprinkle **remaining green onions** over top.
- Serve **garlic naan** on the side for dipping.

Dinner Solved!