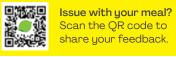


# Coconut Lamb Tikka

with Sweet Potatoes and Garlic Naan

Discovery Family Friendly 30 Minutes







**Ground Lamb** 

Indian Spice Mix







Coconut Milk

Basmati Rice







Sweet Potato

Shallot



Carrot





Garlic, cloves



Naan Bread

Green Onion



Tikka Sauce





# Start here

• Before starting, preheat the oven to 425°F.

oil

• Wash and dry all produce.

Measurements, 1 tbsp., (2 tbsp), within steps

#### **Bust out**

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

# Ingredients

| in ign concince  |          |          |
|------------------|----------|----------|
|                  | 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.



## Roast veggies

- Peel, then halve carrot lengthwise. Cut into 1/4-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 tendercrisp, 10-12 min.



## Cook rice and prep

- Meanwhile, add 1 1/4 cups (2 1/2 cups) water and 1/8 tsp (1/4 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.



#### Cook lamb

- Meanwhile, heat a large non-stick pan over medium-high heat.
- When hot, add 1/2 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.



#### 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.



# 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.



# 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!** 

