



# LAMB CURRY

with Basmati Rice and Toasted Coconut

SPICY

PRONTO



## HELLO

### TADKA MASALA

The complex, layered flavours in this spice mix pack the ultimate fragrant punch!

PREP: 10 MIN

TOTAL: 30 MIN

CALORIES: 818



Ground Lamb



Zucchini



Peas



Onion, chopped



Garlic



Tadka Masala



Diced Tomatoes



Shredded Coconut



Basmati Rice



Cilantro



Ginger

## BUST OUT

- Large Non-Stick Pan
- Garlic Press
- Measuring Cups
- Small Non-Stick Pan
- Measuring Spoons
- Salt and Pepper
- Medium Pot
- Olive or Canola oil
- Zester

## INGREDIENTS

2-person | 4-person

- Ground Lamb 250 g | 500 g
- Zucchini 160 g | 320 g
- Peas 113 g | 227 g
- Onion, chopped 56 g | 113 g
- Garlic 10 g | 20 g
- Tadka Masala 6 🍲 1 tbsp | 2 tbsp
- Diced Tomatoes ½ can | 1 can
- Shredded Coconut 9 1 tbsp | 2 tbsp
- Basmati Rice ¾ cup | 1 ½ cup
- Cilantro 10 g | 20 g
- Ginger 30 g | 60 g

## ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soja, les sulfites, les noix et le blé.

- 0 Seafood/Fruit de Mer
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites
- 10 Crustacean/Crustacé
- 11 Shellfish/Fruit de Mer

\*Laver et sécher tous les aliments.

\*\*Cuire jusqu'à une température interne minimale de 71°C/160°F.



## START STRONG



Peel ginger using a spoon's edge — you'll be able to maneuver around the knobby bits more easily!



### 1 PREP

**Wash and dry all produce.\*** In a medium pot, add **1 ½ cups water** (dbl for 4 ppl). Cover and bring to a boil over high heat. Meanwhile, mince or grate the **garlic**. Cut the **zucchini(s)** in half, lengthwise, then into ½-inch thick half moons. Peel, then zest or grate **1 tbsp ginger** (dbl for 4 ppl). Roughly chop the **cilantro**.



### 4 COOK LAMB

Add the **lamb** to the pan with the **veggies**. Cook, breaking up **lamb** into smaller pieces, until no pink remains, 2-3 min. (**TIP:** Cook to a min. internal temp. of 71°C/160°F.\*\*) Season with **salt** and **pepper**. Add **peas**, **½ can tomatoes** (1 can for 4 ppl) and **¼ cup water** (dbl for 4 ppl). Simmer, stirring occasionally, 2-3 min.



### 2 COOK RICE

Add the **rice** to the medium pot with the **boiling water**. Reduce the heat to low. Cook, still covered, until the **rice** is tender and the **water** has been absorbed, 12-14 min.



### 5 TOAST COCONUT

Meanwhile, heat a small non-stick pan over medium-high heat. When the pan is hot, add the **coconut**. Toast, stirring occasionally, until golden-brown and fragrant 2-3 min. (**TIP:** Keep an eye on the **coconut** so that it does not burn!) Set aside.



### 3 COOK VEGGIES

Meanwhile, heat a large non-stick pan over medium-high heat. When the pan is hot, add **1 tbsp oil** (dbl for 4 ppl), then the **onions** and **zucchini**. Cook, stirring occasionally, until the **veggies** soften, 2-3 min. Add the **garlic**, **ginger** and **tadka masala**. Cook until fragrant, 1-2 min.



### 6 FINISH AND SERVE

Fluff **rice** with a fork. Stir in **half the cilantro** and **half the coconut**, then season with **salt**. Divide **rice** between bowls and top with **lamb curry**. Sprinkle over **remaining cilantro** and **remaining coconut**.

## TA DA!

A final sprinkle of coconut and cilantro adds some texture to our creamy curry!