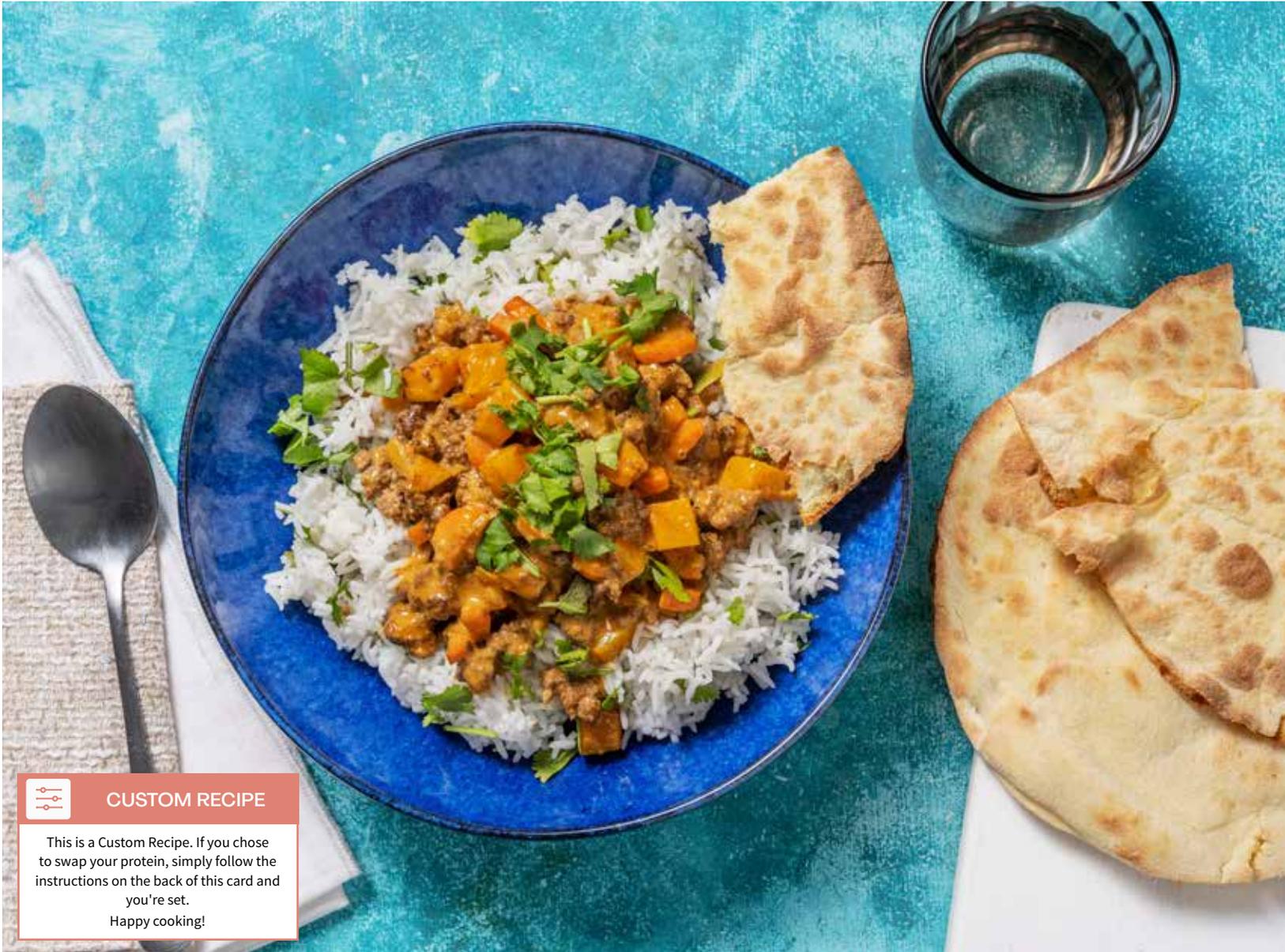




# Spiced Lamb Tikka

with Butternut Squash and Coconut Milk

Family Friendly 30 Minutes



### CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap your protein, simply follow the instructions on the back of this card and you're set.  
Happy cooking!



Ground Lamb



Minced Turkey



Indian Spice Mix



Coconut Milk



Basmati Rice



Butternut Squash, cubes



Shallot



Carrot



Garlic, cloves



Cilantro



Naan Bread



Tikka Sauce

## Start here

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

## Bust out

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

## Ingredients

	2 Person	4 Person
Ground Lamb	250 g	500 g
Minced Turkey	250 g	500 g
Indian Spice Mix	2 tbsp	4 tbsp
Coconut Milk	165 ml	400 ml
Basmati Rice	¾ cup	1 ½ cups
Butternut Squash, cubes	170 g	340 g
Shallot	50 g	100 g
Carrot	170 g	340 g
Garlic, cloves	2	4
Cilantro	7 g	7 g
Naan Bread	2	4
Tikka Sauce	½ cup	1 cup
Oil*		
Salt and Pepper*		

\* Pantry items

\*\* Cook to a minimum internal temperature of 74°C/165°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 cut **carrot** in half lengthwise, then into ¼-inch half-moons. Add **squash, carrots, 1 tsp Indian Spice Mix** and **1 tbsp oil** (dbl both for 4 ppl) 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

While **veggies** roast, add **1 ¼ cups water** and **½ tsp salt** (dbl both for 4 ppl) 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**. 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 water** (dbl for 4 ppl), **salt** and **pepper** to the pan with **lamb mixture**. Reduce heat to low and cook, stirring often, until **curry** thickens slightly, 3-4 min. While **curry** cooks, add **remaining garlic** and **1 tbsp butter** (dbl for 4 ppl) to a microwave-safe bowl. Microwave until **butter** melts, 30 sec. Add **naan** to an unlined baking sheet. Brush both sides with **melted garlic butter**. Bake in the **middle** of the oven until golden-brown, 5-6 min. (**TIP:** Keep your eye on naan so they don't burn!)



## Cook lamb

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

 **CUSTOM RECIPE**

If you've opted to get **turkey**, cook it in the same way the recipe instructs you to cook the **lamb**.



## Finish and serve

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

## Dinner Solved!