



HelloFresh.com.au

hello@hellofresh.com.au | (02) 8188 8722

WK22
2016



Tandoori Lamb with Roasted Carrot & Chickpea Salad

Tandoori and yoghurt infused lamb leg steaks are the centrepiece of a sumptuous supper in vibrant orange and green. Roasting the chickpeas and carrots transforms their flavour, and retains all the goodness inside to boot. This dish couldn't be simpler, but is jam packed with unique flavour.



Prep: 15 mins

Cook: 35 mins

Total: 50 mins



level 1



high fibre



high protein

Pantry Items



Olive Oil



Tandoori Paste



Greek Yoghurt



Lamb Leg



Carrots



Chickpeas



Cumin



Baby Spinach



Mint

JOIN OUR PHOTO CONTEST



#HelloFreshAU

2P	4P	Ingredients
1 tbs	2 tbs	tandoori paste
1 tub	2 tubs	Greek yoghurt
2 steaks	4 steaks	lamb leg
1 tin	2 tins	chickpeas, rinsed & drained
2	4	carrots, peeled & cut into 2 cm thick rounds ⊕
1 tbs	2 tbs	olive oil *
1 tsp	2 tsp	cumin
1 bag	2 bags	baby spinach, washed
1 bunch	2 bunches	mint, finely chopped

⊕ Ingredient features in another recipe

* Pantry Items

🌿 Pre-preparation

Nutrition per serve

Energy	2100	Kj
Protein	44	g
Fat, total	22.5	g
-saturated	7.3	g
Carbohydrate	24.9	g
-sugars	11.8	g
Sodium	565	mg



You will need: *chef's knife, chopping board, vegetable peeler, colander, two medium bowls, baking paper lined oven tray, paper towel, aluminium foil, medium frying pan, tongs, plate and a small bowl.*

1 Preheat the oven to **200°C/180°C** fan-forced.

2 Combine the **tandoori paste** and half of the **Greek yoghurt** in a medium bowl. Add the **lamb leg steaks** and coat well in the tandoori marinade. Set aside.



3 Place the **chickpeas** on the lined oven tray and dab with the paper towel to remove excess moisture. Add the **carrot** to the tray and toss the carrot and chickpeas in the **olive oil** and **cumin**. Season with **salt** and **pepper** and cook in the oven for **35 minutes** or until the carrot is tender. Place the **baby spinach** in a medium bowl and pour the hot carrot and chickpeas directly over the baby spinach and toss well.



4 Meanwhile, heat a lightly greased medium frying pan over a medium-high heat. Add the lamb leg steaks and cook for **2 minutes** on each side, for medium rare or until cooked to your liking. Transfer to a plate, cover with foil and rest for **3 minutes**.

5 In a small bowl combine the remaining Greek yoghurt and **mint**. Season to taste with salt and pepper.

6 To serve, divide the roasted carrot and chickpea salad between plates. Top with the tandoori steak and dollop with the minted yoghurt.



Did you know? Chickpeas are a nutritional powerhouse packed full of essential vitamins and minerals such as iron, zinc, potassium and folate.