

DINNERLY



Reduced-Carb Asian Lamb Salad with Crunchy Peanuts



20 minutes



2 Servings

Can we have a 'yay' from the crowd for filling proteins, seasonal veggies and good, healthy fats? Our reduced-carb recipes feature all that, and contain less than 30 grams of carbohydrates per serve!

WHAT WE SEND

- 1 Lebanese cucumber
- 1 carrot
- 2 garlic cloves
- lamb mince
- 10g Balinese seasoning ^{2,3}
- 50g mixed salad leaves
- 20g roasted peanuts ¹

WHAT YOU NEED

- 2 tsp vegetable oil
- 1 tbs white vinegar
- 1 tbs soy sauce ²
- 1 tsp sugar

TOOLS

- julienne peeler or box grater
- medium frypan

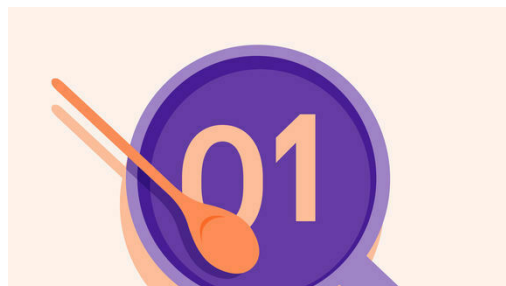
Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Peanut (1), Soy (2), Sulphites (3). May contain traces of other allergens.

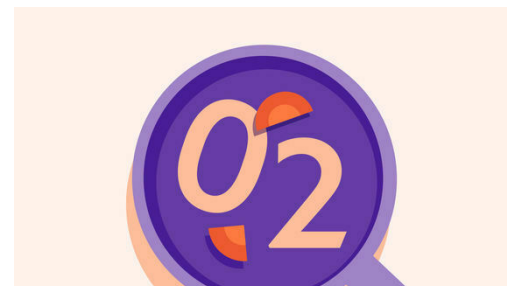
NUTRITION PER SERVING

Energy 385kcal, Fat 22.4g, Carbs 11.7g, Protein 30.8g



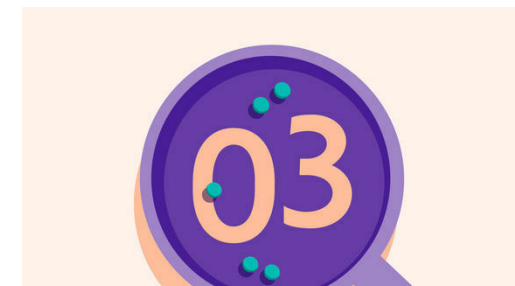
1. Prep ingredients

Halve the **cucumber** lengthwise and thinly slice on an angle. Shred the **carrot** using a julienne peeler (see Kitchen 101) or coarsely grate with a box grater. Crush or finely chop 2 **garlic** cloves.



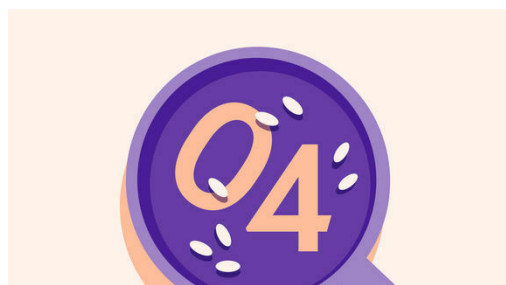
2. Brown lamb

Heat 1 **tsp vegetable oil** in a medium frypan over high heat. Cook the **lamb mince**, breaking up the lumps with a spoon, for 3-4 mins until browned.



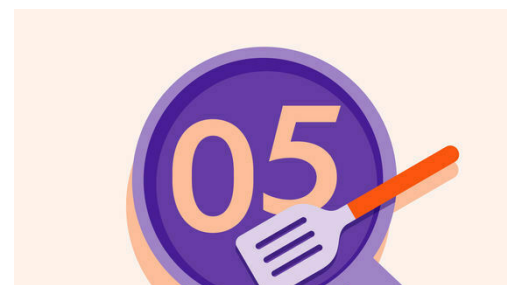
3. Add seasoning

Add the **garlic** and **Balinese seasoning** to the lamb and cook, stirring, for 1 min or until fragrant. Remove the pan from the heat. Taste, then season with **salt and pepper**.



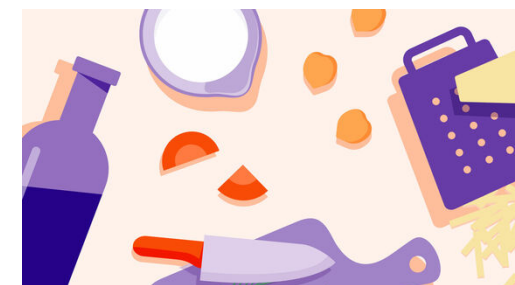
4. Dress salad

Put 1 **tbs white vinegar**, 1 **tbs soy sauce**, 1 **tsp vegetable oil** and 1 **tsp sugar** in a large bowl and whisk to combine. Add the **cucumber**, **carrot** and **salad leaves** and toss to combine.



5. Serve up

Divide the **salad** among bowls and top with the **lamb mixture**. Scatter over the **peanuts** and enjoy!



6. Kitchen 101

Do you own a julienne peeler? We love using it in our recipes, as it makes short work of veggie prep. It looks similar to a veggie peeler but with serrated teeth. You simply drag the peeler along the vegetable – and voila! – you have a pretty pile of professional-looking julienne strips.