

Tandoori lamb with smashed potatoes

- Healthier living
- Yeast-free
- No added sugar
- Soy-free
- Sesame-free
- Peanut-free
- Nut-free
- Egg-free
- High in Protein
- High in Dietary Fibre
- Seafood-free
- Shellfish-free

Looking for a way to spice up your evening? This tandoori lamb with smashed potatoes is bursting with flavour and easy to make.

- Serves 4
- Cooktime 25 mins 25 minutes
- Prep time 10 mins

Ingredients

- 600g Coles Australian Lamb Leg Steaks, trimmed
- 2 tbs tandoori paste
- 2 tbs olive oil
- 2 cups (240g) frozen peas
- 120g pkt baby spinach leaves
- 1/4 cup (60g) Greek-style yoghurt
- Lemon wedges, to serve

Smashed potatoes

- 500g pkt microwavable baby potatoes
- 1 tbs olive oil
- 1 garlic clove, crushed

Nutritional information

Per Serve: Energy: 2167kJ / 518 cals (25%), Protein: 38g (76%), Fat: 29g (41%), Sat Fat: 7g (29%), Sodium: 496mg (25%), Carbs: 23 (7%), Sugar: 5g (6%), Dietary Fibre: 6g (20%)

Check ingredient labels to make sure they meet your specific dietary requirements and always consult a health professional before changing your diet. View dietary information [here](#).

Percentage Daily Intake information on our recipes is calculated using the nutrition reference values for an average Australian adult.

Method

1. Step 1

Preheat oven to 240°C. To make the smashed potatoes, microwave the potatoes for 8 mins following packet directions. Set aside to cool slightly. Transfer to a medium roasting pan or ovenproof dish. Use the back of a wooden spoon or a clean tea towel to squash potatoes. Combine the oil and garlic in a bowl. Drizzle over the potatoes. Bake for 15 mins or until golden brown.

2. Step 2

Meanwhile, place the lamb in a large shallow dish. Add the tandoori paste and oil and rub to coat. Heat a large non-stick frying pan over medium-high heat. Add the lamb and cook for 4-5 mins each side or until cooked to your liking. Transfer lamb to a plate and cover with foil. Set aside for 5 mins to rest.

3. Step 3

Cook peas in a medium saucepan of boiling water for 2 mins. Drain, then return to the pan. Add the spinach and stir over low heat for 1 min or until spinach just wilts.

4. Step 4

Divide lamb, potatoes, peas and spinach evenly among serving plates. Serve with yoghurt and lemon wedges.