



Crispy Curry Cutlet Sandwiches on Naan Bread

READY IN



70 min.

SERVINGS



4

CALORIES



1040 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup mint leaves fresh finely chopped coarsely chopped
- ☐ 2 round tablespoons garam masala
- ☐ 3 cloves garlic finely chopped
- ☐ 0.3 cup greek yogurt for topping cutlets
- ☐ 1.5 pounds lamb
- ☐ 4 naan breads
- ☐ 4 servings olive oil for drizzling
- ☐ 0.5 onion red very thinly sliced

- ☐ 4 servings salt and pepper
- ☐ 1 box pkt spinach frozen dry organic chopped
- ☐ 3 vine tomatoes halved thinly sliced

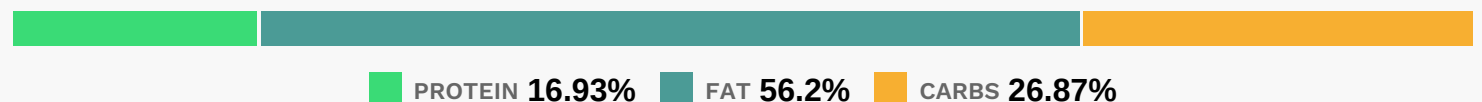
Equipment

- ☐ frying pan
- ☐ baking paper

Directions

- ☐ Combine the lamb with the spinach, 3 tablespoons finely chopped mint, yogurt, garam masala, salt, pepper and garlic.
- ☐ Place about one-sixth of the mixture on a piece of wax or parchment paper and place another sheet on top.
- ☐ Roll out the meat into a thin free-form cutlet no more than 1/2-inch thick. Repeat for the remaining meat.
- ☐ Combine the remaining mint with tomatoes, onions and some salt and pepper.
- ☐ Heat the griddle to medium-high heat.
- ☐ Drizzle with some olive oil to lightly coat. Cook the patties until golden on each side, 6 to 8 minutes. Wipe the griddle and add a splash of water then add the naan bread, a few at a time, and cook until crispy and blistered on each side. Halve the naan across.
- ☐ Serve the patties on half a naan topped with some tomato salad and a dollop of yogurt, set another half of naan on top to complete your sandwich.
- ☐ Get Rachael's shopping list for this episode's recipes [here](#).

Nutrition Facts



Properties

Glycemic Index:23.75, Glycemic Load:1.44, Inflammation Score:-10, Nutrition Score:36.201739057251%

Flavonoids

Eriodictyol: 1.74mg, Eriodictyol: 1.74mg, Eriodictyol: 1.74mg, Eriodictyol: 1.74mg Hesperetin: 0.57mg, Hesperetin: 0.57mg, Hesperetin: 0.57mg, Hesperetin: 0.57mg Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg Apigenin: 0.32mg, Apigenin: 0.32mg, Apigenin: 0.32mg, Apigenin: 0.32mg Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 3.37mg, Quercetin: 3.37mg, Quercetin: 3.37mg, Quercetin: 3.37mg

Nutrients (% of daily need)

Calories: 1039.67kcal (51.98%), Fat: 64.39g (99.07%), Saturated Fat: 21.34g (133.4%), Carbohydrates: 69.25g (23.08%), Net Carbohydrates: 63.29g (23.02%), Sugar: 8.01g (8.9%), Cholesterol: 134.92mg (44.97%), Sodium: 1207.45mg (52.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.65g (87.3%), Vitamin K: 286.05µg (272.43%), Vitamin A: 9334IU (186.68%), Vitamin B12: 4.05µg (67.43%), Vitamin B3: 11.21mg (56.04%), Selenium: 38.28µg (54.68%), Zinc: 6.56mg (43.7%), Folate: 157.66µg (39.42%), Manganese: 0.76mg (38.04%), Phosphorus: 358.19mg (35.82%), Vitamin B2: 0.6mg (35.4%), Vitamin E: 4.92mg (32.8%), Magnesium: 107.39mg (26.85%), Potassium: 926.69mg (26.48%), Iron: 4.67mg (25.96%), Calcium: 246.43mg (24.64%), Vitamin C: 20.05mg (24.3%), Vitamin B6: 0.48mg (23.97%), Fiber: 5.96g (23.82%), Vitamin B1: 0.31mg (20.47%), Copper: 0.36mg (18.1%), Vitamin B5: 1.36mg (13.59%), Vitamin D: 0.17µg (1.13%)