



# QCOOK

## Fiery Durban Lamb Curry

with carrots & mint

**Hands-on Time:** 20 minutes

**Overall Time:** 35 minutes

**Carb Conscious:** Serves 1 & 2

**Chef:** Kate Gomba

**Wine Pairing:** Stettyn Wines | Stettyn Family Range Merlot

Nutritional Info	Per 100g	Per Portion
Energy	520kj	2796kj
Energy	124kcal	669kcal
Protein	6.8g	36.4g
Carbs	9g	50g
of which sugars	3.5g	18.8g
Fibre	2.6g	14g
Fat	7g	37.5g
of which saturated	2.9g	15.5g
Sodium	120mg	648mg

**Allergens:** Gluten, Wheat, Allium

**Spice Level:** Hot

Eat Within 4 Days

## Ingredients & Prep Actions:

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Serves 1	[Serves 2]	
1	1	Onion
120g	240g	Carrot
160g	320g	Free-range De-boned Lamb Shoulder Chunks
30ml	60ml	Curry Spice <i>(15ml [30ml] Medium Curry Powder, 5ml [10ml] Dried Chilli Flakes, 5ml [10ml] Cayenne Pepper, 2,5ml [5ml] Ground Cinnamon &amp; 2,5ml [5ml] Ground Coriander)</i>
1	1	Garlic Clove <i>peel &amp; grate</i>
10ml	20ml	Tomato Paste
50g	100g	Cooked Chopped Tomato
2	4	Poppadoms
3g	5g	Fresh Mint <i>rinse, pick &amp; roughly slice</i>

## From Your Kitchen

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Oil (cooking, olive or coconut)  
Seasoning (Salt & Pepper)  
Water  
Sugar/Sweetener/Honey  
Paper Towel

**1. LAMB** Peel and roughly dice the onion. Rinse, trim and cut the carrot into bite-sized pieces. Place a pot over medium heat with a drizzle of oil. Pat the lamb dry with paper towel. When hot, sear the lamb until browned, 2-3 minutes (shifting occasionally).

**2. CURRY** Add the onion and the carrot to the pot. Fry until lightly golden, 4-5 minutes (shifting occasionally). Add the curry spice (to taste), the garlic, and the tomato paste. Fry until fragrant, 2-3 minutes. Add the cooked chopped tomato and 150ml [300ml] of water. Simmer until thickening and cooked through, 10-12 minutes. Remove from the heat, add a sweetener (to taste), and season.

**3. POPPADOMS** Place a clean pan over medium-high heat with enough oil to cover the base. When hot, shallow fry the poppadoms one at a time, about 30 seconds per side. As soon as the poppadoms start to curl, use tongs to flip it over. Keep flipping until golden and puffed up. Alternatively, heat the poppadoms in the microwave until crispy, 20-30 seconds in batches.

**4. DINNER IS READY** Bowl up the Durban lamb curry, sprinkle over the mint, and side with the crispy poppadoms. Well done, Chef!