



UCOOK

Lamb Rogan Josh

with potato, minted yoghurt & a roti


A beautifully classic lamb curry, filled to the brim with flavour and ease. Quick to prep and quick to eat! Throw it together and leave the flavours to culminate into something utterly gorgeous. Add drizzles of fresh minted coconut yoghurt, a soft, warm roti and a zingy carrot sambal. Come, dig in!

Hands-On Time: 25 minutes

Overall Time: 50 minutes

Serves: 1 Person

Chef: Megan Bure

 Easy Peasy

 Cavalli Estate | Cremello

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Ingredients & Prep

5ml	Beef Stock
160g	Lamb Shoulder
15ml	Spice & All Things Nice Rogan Josh Curry Paste
200g	Potato <i>peeled (optional) & cut into bite-sized chunks</i>
240g	Carrot <i>peeled (optional), ½ cut into bite-sized chunks & ½ grated</i>
15ml	Tomato Paste
30ml	Coconut Yoghurt
4g	Fresh Mint <i>rinsed, picked & roughly chopped</i>
1	Lime <i>zested & cut into wedges</i>
2	Whole Wheat Roti
20ml	Crispy Onions

From Your Kitchen

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

1. BEGIN THE CURRY Boil the kettle. Dilute the stock with 250ml of boiling water. Pat dry the lamb with some paper towel and place a pot over a medium-high heat with some oil. When hot, fry the lamb for 2-3 minutes until browning but not cooked through. Add the curry paste to taste, potato chunks, carrot pieces and fry for 2-3 minutes until the mixture is well coated and fragrant. Add in the tomato paste, diluted stock, and bring to the boil. Reduce the heat and simmer for 35-40 minutes until the lamb is tender, the veggies are soft and the sauce is thick. Stir occasionally and remove from the heat on completion.

2. MINTY & ZINGY In a small bowl mix the coconut yoghurt with ¾ of the chopped mint, some lime juice to taste and a pinch of zest. If it's too thick, loosen with a splash of water until drizzling consistency. Season and set aside for serving.

3. NEARLY THERE Once the curry has finished cooking, taste and season if necessary and add a sweetener of choice to taste (optional). Place the grated carrot in a bowl with a squeeze of lime juice and seasoning to taste and set aside.

4. WARMING ROTI Place a pan over a medium heat. When hot, warm the rotis for about 30-60 seconds per side until heated through and lightly toasted. Alternatively, spread them out on a plate in a single layer and heat up in the microwave for 30-60 seconds. Once heated, stack on a plate on top of one another and cover with a clean tea towel to keep warm.

5. TIME TO NOM! Dish up a hearty helping of the Rogan Josh curry, side with the zingy grated carrot and a warm roti. Drizzle over the minted coconut yogurt and finish with a scattering of the remaining mint and crispy onions. Perfection Chef!



Chef's Tip

Veg peels are rich in fiber, vitamins, minerals and antioxidants, making them one of the most nutritious parts of a plant. Eat your fruits and vegetables unpeeled whenever possible.

Nutritional Information

Per 100g

Energy	603kj
Energy	144Kcal
Protein	5.5g
Carbs	18g
of which sugars	3.7g
Fibre	2.3g
Fat	5.7g
of which saturated	2g
Sodium	225mg

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites, Soy

Cook
within
4 Days