



# UCCOOK

## Fiery Durban Lamb Curry

with carrots & coriander

**Hands-on Time:** 20 minutes

**Overall Time:** 35 minutes

**Carb Conscious:** Serves 1 & 2

**Chef:** Kate Gomba

**Wine Pairing:** Nitída | Semillon

| Nutritional Info   | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 588kJ    | 3102kJ      |
| Energy             | 141kcal  | 742kcal     |
| Protein            | 8.1g     | 42.8g       |
| Carbs              | 13g      | 69g         |
| of which sugars    | 3.6g     | 19g         |
| Fibre              | 3.4g     | 17.8g       |
| Fat                | 6.5g     | 34.1g       |
| of which saturated | 2.4g     | 12.7g       |
| Sodium             | 288mg    | 1519mg      |

**Allergens:** Gluten, Allium, Wheat

**Spice Level:** Hot

Eat Within 4 Days

## Ingredients & Prep Actions:

| Serves 1 | [Serves 2] |  |
|----------|------------|--|
| 150g     | 300g       | Free-range Lamb Chunks   |
| 1        | 1          | Onion<br><i>peel &amp; roughly dice</i>  |
| 120g     | 240g       | Carrot<br><i>rinse, trim, peel &amp; cut into bite-sized pieces</i>  |
| 30ml     | 60ml       | Curry Spice<br><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<br><i>peel &amp; grate</i>  |
| 10ml     | 20ml       | Tomato Paste   |
| 50g      | 100g       | Cooked Chopped Tomato  |
| 2        | 4          | Poppadoms  |
| 3g       | 5g         | Fresh Coriander<br><i>rinse, pick &amp; roughly chop</i>   |

## From Your Kitchen

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

**1. LAMB** 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, 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 coriander, and side with the crispy poppadoms. Well done, Chef!