

Eat Within 4 Days

UCOOK

Fiery Durban Lamb Curry

with carrot & mint

Hands-on Time: 40 minutes

Overall Time: 55 minutes

Carb Conscious: Serves 3 & 4

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

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
2	2	Onions
360g	480g	Carrot
480g	640g	Free-range De-boned Lamb Leg Chunks
90ml	120ml	Curry Spice *(45ml [60ml] Medium Curry Powder, 15ml [20ml] Dried Chilli Flakes, 15ml [20ml] Cayenne Pepper, 7,5ml [10ml] Ground Cinnamon & 7,5ml [10ml] Ground Coriander)*
2	2	Garlic Cloves *peel & grate*
30ml	40ml	Tomato Paste
150g	200g	Cooked Chopped Tomato
6	8	Poppadoms
8g	10g	Fresh Mint *rinse, pick & roughly slice*

From Your Kitchen

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, 3-4 minutes (shifting occasionally).

2. CURRY Add the onions and the carrot to the pot. Fry until lightly golden, 5-6 minutes (shifting occasionally). Add the curry spice (to taste), the garlic, and the tomato paste. Fry until fragrant, 3-4 minutes. Add the cooked chopped tomato and 450ml [600ml] of water. Simmer until thickening and cooked through, 12-15 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!