



UCCOOK

Fragrant Durban Lamb Curry

with carrots & coriander

Hands-on Time: 40 minutes

Overall Time: 55 minutes

Carb Conscious: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Waterford Estate | Waterford Antigo

Nutritional Info	Per 100g	Per Portion
Energy	510kJ	2742kJ
Energy	122kcal	656kcal
Protein	6.8g	36.4g
Carbs	9g	50g
of which sugars	3.2g	17.4g
Fibre	2.6g	14g
Fat	6.6g	35.5g
of which saturated	2.5g	13.5g
Sodium	120mg	648mg

Allergens: Gluten, Allium, Wheat

Spice Level: Hot

Eat Within 4 Days

Ingredients & Prep Actions:

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