



# UCOOK

## Legendary Lamb Curry

**with fluffy basmati rice, fresh coriander & raita**

Lamb curry is a simple yet wholesome dish! Our recipe is made with tomatoes and onions cooked with a delicious curry paste for a rich flavour. By the time this amazing curry is done cooking, your kitchen will be fragrant and inviting! You won't be disappointed.

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**Hands-On Time:** 20 minutes

**Overall Time:** 40 minutes

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**Serves:** 1 Person

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**Chef:** Megan Bure

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 Fan Faves

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 Fat Bastard | The Golden Reserve

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## Ingredients & Prep

1	Onion <i>½ peeled &amp; cut into bite-size chunks</i>
15ml	Curry Paste
1	Fresh Chilli <i>deseeded &amp; roughly sliced</i>
160g	Free-range Lamb Rump <i>cut into bite-sized chunks</i>
200g	Potato <i>rinsed, peeled (optional) &amp; cut into bite-sized chunks</i>
100g	Cooked Chopped Tomato
75ml	White Basmati Rice
45ml	Raita
4g	Fresh Coriander <i>rinsed, picked &amp; finely sliced</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water

**1. HURRY, START THE CURRY!** Place a pot, with a lid, over a medium heat with a drizzle of oil. When hot, fry the onion chunks for 3-4 minutes until soft and translucent, shifting occasionally. Add the curry paste and ½ the sliced chilli - both to taste! Fry for a minute, shifting constantly, until fragrant. Add the lamb chunks and fry for 2-3 minutes, until browned, shifting occasionally. Add the potato chunks, cooked chopped tomato, and 150ml of water. Mix until fully combined and leave to simmer for 20-25 minutes, until the lamb is tender and the potatoes are soft.

**2. OH, THAT'S RICE** Rinse the rice and place in a pot over a medium-high heat. Submerge in 150ml of salted water and pop on a lid. Once boiling, reduce the heat and simmer for 8-10 minutes until most of the water has been absorbed. Keeping the lid on, remove from the heat and steam for 10 minutes. On completion, drain if necessary and fluff up with a fork.

**3. INDIA IN MY KITCHEN** Bowl up a generous helping of the fluffy basmati rice and ladle over the delicious lamb curry. Dollop over the creamy raita. Sprinkle with the chopped coriander and the remaining chilli (to taste). Let's eat!

## Nutritional Information

Per 100g

Energy	579kJ
Energy	138Kcal
Protein	6.7g
Carbs	16g
of which sugars	1.9g
Fibre	1.4g
Fat	5.6g
of which saturated	2.3g
Sodium	111mg

## Allergens

Dairy, Allium, Sulphites

Cook  
within  
4 Days