

Eat Within 4 Days

# UCOOK

## Fiery Durban Lamb Curry

**with carrot & mint**

**Hands-on Time:** 20 minutes

**Overall Time:** 35 minutes

**Carb Conscious:** Serves 1 & 2

**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 1 | [Serves 2] | |
|---|---|---|
| 1 | 1 | Onion |
| 120g | 240g | Carrot |
| 160g | 320g | Free-range De-boned Lamb Leg Chunks |
| 30ml | 60ml | Curry Spice *(15ml [30ml] Medium Curry Powder, 5ml [10ml] Dried Chilli Flakes, 5ml [10ml] Cayenne Pepper, 2,5ml [5ml] Ground Cinnamon & 2,5ml [5ml] Ground Coriander)* |
| 1 | 1 | Garlic Clove *peel & grate* |
| 10ml | 20ml | Tomato Paste |
| 50g | 100g | Cooked Chopped Tomato |
| 2 | 4 | Poppadoms |
| 3g | 5g | 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, 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 (to taste), 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 mint, and side with the crispy poppadoms. Well done, Chef!