



UCOOK

Fragrant Durban Lamb Curry

with carrots & coriander

As soon as you start smelling these wonderful aromatic aromas, you will want to hurry to get this curry on the dinner table, Chef! Silky onion, carrots, & free-range lamb pieces are elevated with an enticing UCOOK spice blend, cooked with rich tomato paste & chopped tomato. Served with crispy poppadoms.

Hands-on Time: 20 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Kate Gomba

Carb Conscious

Laborie Estate | Laborie Merlot

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Ingredients & Prep

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

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey
Paper Towel

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 diced onions and the carrot pieces to the pot. Fry until lightly golden, 4-5 minutes (shifting occasionally). Add the curry spice, the grated garlic, and the tomato paste. Fry until fragrant, 2-3 minutes. Add the cooked chopped tomato and 150ml 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 chopped coriander, and side with the crispy poppadoms. Well done, Chef!

Nutritional Information

Per 100g

Energy	605kj
Energy	145kcal
Protein	8.3g
Carbs	13g
of which sugars	3.8g
Fibre	3.3g
Fat	7.1g
of which saturated	2.9g
Sodium	283mg

Allergens

Gluten, Allium, Wheat

Eat
Within
4 Days