



UCOOK

Lamb Korma Curry

with crispy poppadoms

Hands-on Time: 35 minutes

Overall Time: 50 minutes

Carb Conscious: Serves 3 & 4

Chef: UCOOK

Wine Pairing: Delheim Wines | Delheim
Shiraz/Cabernet Sauvignon

Nutritional Info

	Per 100g	Per Portion
Energy	440kj	3070kj
Energy	105kcal	734kcal
Protein	5.4g	37.7g
Carbs	9g	62g
of which sugars	2.4g	16.9g
Fibre	1.5g	10.5g
Fat	4.9g	34.2g
of which saturated	1.8g	12.4g
Sodium	160mg	1118mg

Allergens: Allium, Sulphites

Spice Level: MILD

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
750g	1kg	Butternut <i>rinse, deseed, peel (optional) & cut into bite-sized pieces</i>
450g	600g	Free-range Lamb Chunks
2	2	Onions <i>peel & roughly dice</i>
2	2	Garlic Cloves <i>peel & grate</i>
60ml	80ml	Spice & All Things Nice Korma Curry Paste
300g	400g	Cooked Chopped Tomato
1	1	Black Pepper Poppadoms

From Your Kitchen

Oil (cooking, olive or coconut)

Water

Paper Towel

Seasoning (salt & pepper)

1. BEGIN WITH BUTTERNUT Preheat the oven to 200°C. Spread the butternut on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 25-30 minutes (shifting halfway).

2. LIPSMACKING LAMB Place a pan over medium-high heat with a drizzle of oil. Pat the lamb dry with paper towel and cut into small pieces. When hot, sear the lamb until browned, 3-4 minutes (shifting occasionally).

3. HURRY WITH THE CURRY Add the onion to the pan and fry until soft and browning, 4-5 minutes (shifting occasionally). Add the garlic and the korma curry paste. Fry until fragrant, 1-2 minutes. Add 600ml [800ml] of water and the chopped tomatoes. Simmer until thickening and the lamb is cooked through, 20-25 minutes. Add the roasted butternut and season.

4. POP UP THE POPPADOMS Heat the poppadoms in the microwave until crispy, 20-30 seconds. Alternatively, 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 poppadom starts to curl, use tongs to flip it over. Keep flipping until golden and puffed up.

5. CAN WE GET A YUM? Bowl up the lamb korma curry, and side with the crispy poppadoms.