



# UCOOK

## Lamb Curry & Coconut Salsa

with a crispy golden poppadom

Warm your soul and ignite your taste buds with this rich Durban-style lamb curry. Served with a tropical coconut & tomato salsa for freshness and a crisp thin poppadom to dip into the glorious curry, you'll be doing a happy dance with every bite!

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**Hands-On Time:** 10 minutes

**Overall Time:** 30 minutes


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**Serves:** 1 Person

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**Chef:** Kate Gomba

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 Carb Conscious

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 Boschendal | Nicolas

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## Ingredients & Prep

240g	Carrot <i>rinsed &amp; roughly diced</i>
1	Onion <i>½ peeled &amp; roughly diced</i>
150g	Free-range Lamb Goulash <i>pat dry &amp; cut into bite-sized chunks</i>
10ml	Durban Curry Paste
100g	Cooked Chopped Tomato
50g	Peas
1	Tomato <i>½ roughly diced</i>
4g	Fresh Coriander <i>rinsed &amp; roughly chopped</i>
15ml	Desiccated Coconut
1	Poppadom

## From Your Kitchen

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

**1. ON YOUR MARKS** Place a pot over a medium heat with a drizzle of oil. When hot, add the diced carrot and onion and fry for 4-5 minutes, shifting occasionally, until softened. Add the lamb chunks and fry for 3-4 minutes until browned, shifting occasionally.

**2. GET SET... CURRY!** When the lamb is browned, add the curry paste (to taste) to the pot and fry for 1-2 minutes until fragrant, shifting constantly. Pour in the cooked chopped tomato, 100ml of water, and bring up to the boil. Once boiling, reduce the heat and leave to simmer for 10-12 minutes or until the sauce has thickened slightly and the lamb has cooked through. In the final 3-5 minutes, add the peas. On completion, season with a sweetener of choice (to taste), salt, and pepper.

**3. LET'S SALSA** In a bowl, combine the diced tomato, ½ the chopped coriander, ½ the coconut, a drizzle of oil, and seasoning. Set aside. Place a pan over a medium-high heat with enough oil to cover the base. When hot, shallow fry the poppadom for 30 seconds per side. As soon as the poppadom starts curling, use a spatula or tongs to flip it over and flatten it out. Keep flipping and flattening until golden and puffed up.

**4. HURRY, GRAB SOME CURRY!** Bowl up the delicious lamb curry! Side with the coconut salsa and the poppadom. Sprinkle over the remaining coriander and coconut. Well done, Chef!



## Chef's Tip

For this recipe, you can peel your carrots when prepping them if you don't like the skin — and you have the extra time and energy!

## Nutritional Information

Per 100g

Energy	379kj
Energy	91Kcal
Protein	4.6g
Carbs	7g
of which sugars	3.4g
Fibre	2.1g
Fat	4.8g
of which saturated	2.2g
Sodium	93mg

## Allergens

Allium

Cook  
within  
4 Days