



UCOOK

Curried Lamb & Roasted Butternut

with crispy poppadoms

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Carb Conscious: Serves 1 & 2

Chef: UCOOK

Wine Pairing: Stettyn Wines | Stettyn Shackleton Range Pinot Noir

Nutritional Info

	Per 100g	Per Portion
Energy	447kJ	3164kJ
Energy	107kcal	757kcal
Protein	5.5g	39.1g
Carbs	9g	61g
of which sugars	2.4g	16.8g
Fibre	1.5g	10.4g
Fat	5.1g	36.2g
of which saturated	1.9g	13.2g
Sodium	156mg	1100mg

Allergens: Allium, Sulphites

Spice Level: Mild

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
250g	500g	Butternut <i>rinse, deseed, peel (optional) & cut into bite-sized pieces</i>
160g	320g	Free-range De-boned Lamb Shoulder Chunks
1	1	Onion <i>peel & roughly dice</i>
1	1	Garlic Clove <i>peel & grate</i>
20ml	40ml	Spice & All Things Nice Korma Curry Paste
100g	200g	Cooked Chopped Tomato
2	4	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, 25-30 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 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, 2-3 minutes (shifting occasionally).

3. HURRY WITH THE CURRY Add the onion to the pan and fry until soft and browning, 3-4 minutes (shifting occasionally). Add the garlic and the korma curry paste. Fry until fragrant, 1-2 minutes. Add 200ml [400ml] of water and the chopped tomatoes. Simmer until thickening and the lamb is cooked through, 15-20 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 curried lamb, and side with the crispy poppadoms.