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Lamb Korma Curry

- * Serves: 6
- * Preparation time: 10 minutes
- * Cooking time: 60 minutes

Ingredients

- 1 kg diced lamb (trimmed of fat)
- 4 tsp olive oil
- 1 brown onion, chopped
- 1 medium sweet potato, cubed
- ½ cup korma curry paste
- ½ cup water
- ⅓ cup coconut milk powder or coconut milk
- 2 medium zucchinis, sliced
- ⅓ cup frozen peas, thawed



Method

Coat lamb in 2 tsp olive oil. Heat remaining oil in the medium saucepan. Add onion and cook over low heat until soft. Remove from heat and add sweet potato.

Heat a large frypan and brown lamb in 200g batches, transferring to the saucepan with the onion and sweet potato when browned. Add curry paste to frypan and cook for 1 minute before adding water. Stir to combine and pour into the saucepan.

Bring the saucepan to the boil. Reduce heat and simmer covered for 45 mins. Add coconut milk powder, zucchini and peas and simmer for 5 mins or until tender. Serve with rice and mango chutney.

Tips

Lunch idea:

Serves: 2

Prep: 5 mins

Prepare salad by combining 1 cup drained canned chickpeas, sliced Lebanese cucumber, halved cherry tomatoes and lettuce leaves. Remove excess sauce from leftover lamb pieces and place on top of the salad.

Serve with mango chutney.

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