

# Lamb Curry



## Ingredients:

225g Tinned Chopped Tomatoes  
200g Lamb Steak, Cubed  
160g Coconut Milk  
120g Basmati Rice  
112g Water  
100g Baby Spinach  
2 Tablespoons Sunflower or Olive Oil  
2 Tablespoons Mild Curry Paste  
1 Red Pepper, Deseeded and Sliced  
1 Green Chilli, Deseeded and Sliced  
1 Tablespoon Coriander  
½ Teaspoon Cumin Seeds



Please bring a dish to  
take your lamb curry  
home in

## Method:

1. Fill a small saucepan ½ full with water, place on the back of the hob and bring to the boil.
2. Weigh and measure out all ingredients accurately.
3. Using the weighing scales, weigh out 112g of water into a measuring jug.
4. Bring the saucepan of boiled water to the front of the hob, carefully add the rice, place back on the heat and bring back to the boil. Simmer for 10 to 12 minutes.
5. De-seed and slice the red pepper and green chilli into small even size pieces.
6. Place a small saucepan at the front of the hob and add the cumin seeds. On a low heat, dry-fry the cumin seeds for a maximum of 20 seconds.
7. Remove the saucepan from the hob, place on a pan stand and add half the sunflower or olive oil (1 Tablespoon).
8. Add the lamb and stir-fry the lamb for about 1 minute until browned, but not cooked all the way through.
9. Tip the lamb onto a plate.
10. Add the rest of the sunflower or olive oil (1 tablespoon) to the saucepan, then stir-fry the pepper and chilli for a couple of minutes until softened. Stir with a white plastic stirring spoon.
11. Stir in the curry paste, tinned tomatoes and coconut cream with the 112g of water in the measuring jug.
12. Simmer for about 5 to 10 minutes on a low heat until saucy.
13. Add the lamb, spinach and coriander, stir until the spinach has wilted.
14. When the rice is cooked, drain the water away using a colander. Use hot water to wash the starch away.
15. Serve the rice and meat sauce.