



6

SERVES/MAKES



COOKING TIME:
< 90 min



COOKING STYLE:
Stove

LANCEWOOD® CREAMY LAMB CURRY

INGREDIENTS:

30 ml olive oil
5 ml garlic, crushed
5 ml ginger, crushed
1 medium onion, finely diced
500 g lamb, chopped
Salt & freshly ground black pepper to taste
30 ml curry powder
5 ml ground cumin
1 chilli, finely chopped
300 g pumpkin, cubed
300 g carrots, chopped
400 ml coconut milk
240 g tomato purée
250 g **LANCEWOOD® Double Cream Plain Yoghurt**

To serve:

Fresh coriander
Extra **LANCEWOOD® Double Cream Plain Yoghurt**
Jasmine rice
Naan bread

METHOD:

Add the olive oil, garlic, ginger, onion and lamb to a pot and fry over medium to high heat for 10 – 15 minutes. Combine the seasoning, curry powder, ground cumin and chilli and mix well. Add the coconut milk, tomato purée and yoghurt to the mixture and stir well. Place on a low heat and simmer for 60 minutes. Serve with rice or naan bread.

To serve:

Add dollops of extra yoghurt and fresh coriander.

PRODUCTS USED:



Double Cream Plain Yoghurt

ENJOY!