

INDIAN GREEN LAMB CURRY

SERVES: 4 PREPARATION: 25 MINUTES

COOKING: 1 HOUR 15 MINUTES

1KG FOREQUARTER LAMB CHOPS, TRIMMED OF FAT	1 TSP FENNEL SEEDS
½ LEMON, JUICED	1 MEDIUM BROWN ONION, SLICED
½ CUP WATER	ROAST CAULIFLOWER, PUMPKIN AND GREEN BEANS
1 BUNCH CORIANDER, ROOTS, STEMS AND LEAVES, WASHED AND CHOPPED	1 TSP SUNFLOWER OIL
5CM GINGER, PEELED AND CHOPPED	1 TBSP CUMIN SEEDS
6 CLOVES GARLIC, PEELED	½ HEAD CAULIFLOWER, BROKEN INTO FLORETS
1 LONG GREEN CHILLI, DESEEDED	2 CUPS GREEN BEANS, HALVED, BLANCHED
1 TSP GROUND TURMERIC	600G KENT PUMPKIN, CUT INTO 2CM WEDGES
1 TBSP SUNFLOWER OIL	2 CUPS BROWN BASMATI RICE, FLATBREAD AND CHILLI PICKLES, TO SERVE

1. Preheat oven to 150°C fan-forced.
2. Place lemon juice, water, coriander, ginger, garlic, chilli and turmeric into a blender. Cover and blend for 1 minute or until smooth.
3. Pour half the oil into a flameproof casserole dish and place over medium heat. When hot, add lamb and cook for 6-8 minutes until browned. Set aside. Pour off rendered lamb fat from pan. Add remaining oil and fennel seeds and then immediately add the onions and stir until golden. Return lamb to pan.
4. Pour contents of blender over lamb and bring to a simmer. Cover with lid and place in oven for 1 hour to 1 hour 15 minutes or until the lamb is tender.
5. Toss cauliflower and pumpkin in oil and spread over a baking tray, sprinkle with cumin seeds and roast for 40 minutes or until it begins to brown at the edges. Toss with blanched green beans.
6. Serve with rice, flatbread and chilli pickles.

TIPS

1. Try using diced lamb shoulder or lamb chump chops instead.
2. Adjust the type of herbs and spices in your sauce. Try curry powder, ground cumin or ground coriander.
3. Improve the flavour by making the day before.
4. Soak fresh coriander in a bowl of cold water to remove all grit or dirt. Wrap in a clean tea towel and shake free of water before using.

SWITCH TO MAKE

Rogan josh – to the blender add 4 tomatoes, swap green chilli for red chilli. When adding the fennel seeds to the pan, add 1 tablespoon cardamom pods, 2 cloves, 1 cinnamon stick, 2 bay leaves.

