

LAMB KORMA

A mild, creamy curry thickened with almond flour.

An easy to cook recipe straight from the oven in an hour.

INGREDIENTS

500g Lamb

1 Tblsp Coconut Oil

1 Tblsp Butter

1 Tblsp Almond Flour

1 Large Onion

2 tsp Masala Mix

1 tsp Coriander

1 tsp Cumin

2 tsp Ground Cinnamon

1 tin Whole Tomatoes

300ml Chicken Stock

250ml Cream

METHOD

Cut the lamb into cubes.

Ensure the tinned tomatoes are peeled - be careful which brand you purchase.

Chop the onions finely.

Mix all the spices into a small bowl and set aside.

Place the coconut oil and butter in a pot on medium to high heat.

Once the butter has melted add the finely chopped onion and half of the spice mixture.

While the onion is cooking, toss the cubed lamb in the almond flour until it is lightly coated.



Once the onion is translucent add the lamb and the remaining spice mixture.

Stir continuously for 2 minutes just to seal the lamb slightly and scrape all the spices and flour off the bottom of the pot so that they don't burn.

Add the chicken stock and tin of whole peeled tomatoes, breaking up the tomatoes as you add them.

Turn the heat right down to lowest setting, put the pot lid on and let it simmer for 30 - 40 minutes until the lamb is cooked through, stirring periodically so that nothing sticks to the bottom of the pot.

Once it is ready to serve, stir in the cream.

The poster of the recipe, suggests serving it on a bed of caulimash with a salad.