

INDIAN SPICED LAMB CURRY

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with warm vegetable curry



Serves 6



**Prep Time
20m**



**Cook Time
20m**

Ingredients

Lamb:

- 2 tbsp curry powder
- ½ cup natural unsweetened yoghurt
- ½ lemon, juiced
- 4 large lamb rumps, fat trimmed
- 1 tsp salt
- 1 tsp pepper

Vege curry:

- 1 large eggplant, 2 cm diced
- 4 medium tomatoes, diced
- 330 g can chickpeas, drained
- 250 g frozen spinach, defrosted
- 2 tbsp curry powder
- 1 cup water
- 2 tbsp honey
- 125 g ricotta

For lamb

1. Preheat oven to 190°.
2. Mix curry powder, yoghurt and lemon juice in a large bowl. Season the lamb with salt and pepper. Slice lamb rump in half lengthwise and add to marinade, coating evenly. Refrigerate until required.
3. Heat an ovenproof heavy-based fry pan over high heat. Sear lamb on both sides, then put pan in oven for 12 minutes. Remove from oven and rest meat for 5-10 minutes.

For vege curry

1. Heat oil in a large saucepan and add eggplant. Cook for 1 minute, add in curry powder and water. Bring to the boil, reduce heat and simmer for 10 minutes.
2. Add diced tomatoes and chickpeas.
3. Drain defrosted spinach in a colander, then stir into vege curry to combine.
4. Simmer for another 3 minutes, and then fold in ricotta and honey.

Serve the lamb alongside the vegetable curry, a rice side may be added.