

CHEAT'S LAMB CURRY

Suitable for a quick and comforting braai meal.

What's the one thing we all need more of in our lives? Tasty braai dishes that can be ready in less than 60 minutes! This lamb curry ticks all the boxes.



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Total Time: 50 minutes
Prep Time: 10 minutes
Cook Time: 40 minutes
Serves: 4 people

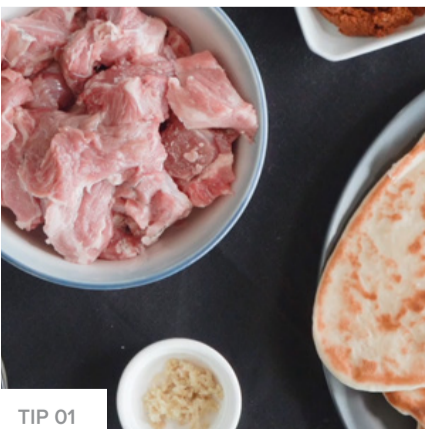
INGREDIENTS

- 500g lamb fillet, cut into chunks
 - 1 onion, chopped
 - 1 garlic clove, crushed
 - 1 teaspoon grated ginger
 - 2 bell peppers, roughly chopped
 - 2 tablespoons korma curry paste (ready made)
 - 1 cup beef stock (1 cube in 1 cup boiling water)
 - 1 cup frozen diced peas and carrots
 - 1 can coconut milk
- TO SERVE:**
- Fresh coriander
 - Fresh basil
 - Coconut flakes
 - Basmati rice or naan bread

INSTRUCTIONS:

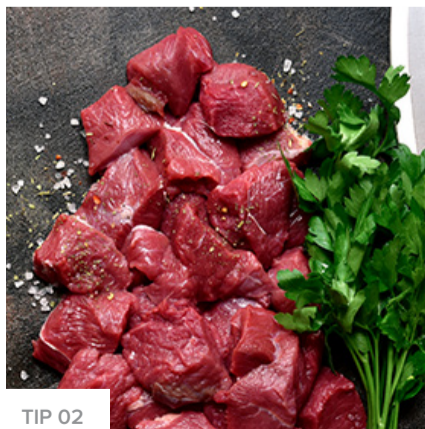
1. Heat a sauté pan or cast iron pot on your braai to medium. Add olive oil.
2. Add the onion, garlic, ginger and peppers.
3. Add the meat and fry until browned all over. Add curry paste and cook for 1 minute.
4. Add coconut milk and stock.
5. Turn the heat down to low and simmer for 40 minutes, until the sauce has thickened slightly and the lamb is tender. Season with salt and pepper.
6. Serve with basmati rice or naan breads which you can also cook on the braai. (See our flatbread recipe here.)
7. Top with fresh basil and/or coriander, and coconut flakes.

MEGAMASTER RECIPE TIPS



TIP 01

Ask your butcher to trim off any excess sinew and fat from the lamb to save you time.



TIP 02

You can switch lamb for beef fillet or chicken – the instructions are the same for both.



TIP 03

For extra flavour, cook your rice in coconut milk – it gives it a lovely creamy texture and taste.