

Welsh Lamb Curry

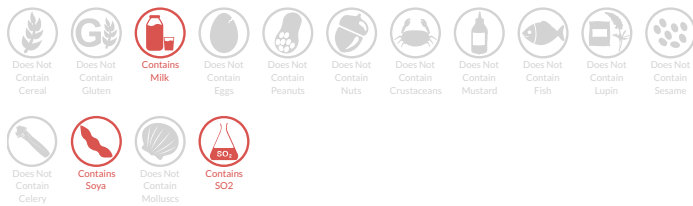
Ingredients

Product	Quantity
Welsh Lamb Neck Fillets (per kg)	500.00 g
Onions White Diced	2.00 g
Humza Premium Food Products Quick Frozen Peeled Garlic Cloves 400g	2.00 g
Chopped Red Chillies 1.2 KG	1.00 g
KTC Vegetable Oil	2.00 g
East End Kashmiri Masala Curry Paste 2.4kg	3.00 g
Summer Pride Chopped Tomatoes in Tomato Juice 400g	400.00 g
Grace Coconut Milk 400ml	200.00 g
Cofresh Coriander Leaves 200g	20.00 g
Daylesford Organic Natural Yoghurt 450g	50.00 g

Serves: 4

Allergy Information

Key: Contains May Contain

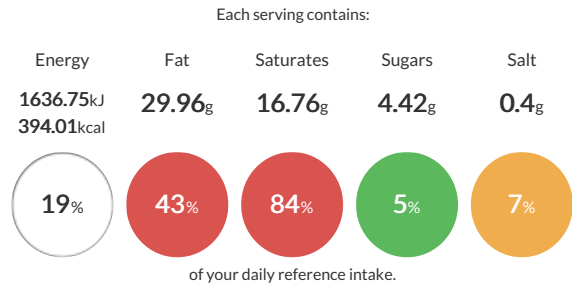


Dietary Information

Key: Suitable for



Reference Intake



Nutritional Summary

Energy	1636.75kJ 394.01kCal
Protein	24.9g
Carbohydrates	5.95g
of which sugars	4.42g
Non Milk Extrinsic Sugars	0g
Fat	29.96g
of which saturates	16.76g
Fibre	0.92g
Salt	0.4g
Sodium	0.08g
Iron	1.5mg
Calcium	31.25mg
Zinc	4.75mg
Folate	1.25µg
Vitamin A	10µg
Vitamin C	0mg

Method & Recipe Notes

1. Heat the oil in a casserole pan or large saucepan, sweat the onion, garlic and chilli for a few minutes until it starts to soften 2. Now add the diced Welsh lamb, let the lamb get some colour and then turn/stir to let the lamb colour evenly. 3. Add the curry paste, mix through all of the lamb and the onion mix. Cookout for a few minutes to start to cook the spices. 4. Now it's time to add the tin tomatoes, coconut milk and bring to the boil. 5. Once boiling either turn to lower heat or place a lid/tin foil on the pan and cook in the oven slowly for a good 3 hours, if not use the hob for 2 hours and let gently simmer. 6. Once the lamb has been cooking for 2-3 hours it'll be nice and tender and the flavour will be really delicious. At this stage add the coriander and drizzle on some of the Natural yogurt and serve.

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