



### Product Spotlight: Curry Leaves

Curry leaves come from a tree in the citrus fruit family. When cooked, they release a deliciously nutty aroma and are a staple in South Indian cooking.



## Durban Lamb Curry

A hearty and aromatic Lamb Durban curry made with spiced lamb mince, baby potatoes, green beans, and a rich tomato-based sauce infused with curry leaves and a fragrant custom blend of warming spices.



30 minutes



2 servings



Lamb

## What is it?

*Durban curry is a signature South African dish, originating from the Indian community in Durban, known for its use of a blend of spices, and often featuring large chunks of soft potatoes.*

Per serve: **PROTEIN** 38g **TOTAL FAT** 27g **CARBOHYDRATES** 39g

## FROM YOUR BOX

BABY POTATOES	400g
BROWN ONION	1
GINGER	1 piece
GARLIC	1 clove
TOMATOES	2
GREEN BEANS	150g
CURRY LEAVES	2 fronds
LAMB MINCE	300g
DURBAN CURRY MIX	1 packet
TOMATO PASTE	1 sachet
LEBANESE CUCUMBER	1

## FROM YOUR PANTRY

oil for cooking, salt, pepper, white wine vinegar

## KEY UTENSILS

large frypan, saucepan

## NOTES

Slow cook it! Brown the lamb mince then add all the ingredients (except green beans) to a slow cooker. Cook on high for 4 hours. Add green beans for the last 20 minutes.

Boil kettle and cover potatoes with hot water to speed up the process. The potatoes only need to be slightly tender as they will continue to cook in the curry.

Substitute water for coconut milk for a creamy curry.

*Durban Curry Mix: bay leaves, ground: turmeric, cumin, coriander, cinnamon and fenugreek*



### 1. BOIL THE POTATOES

Halve **potatoes** (quarter any larger ones to ensure even cooking time). Place in a saucepan and cover with water (see notes). Cover and bring to a boil. Simmer for 10 minutes. Drain the **potatoes**.



### 2. PREPARE THE INGREDIENTS

Slice **onion**, peel and grate **ginger**, crush **garlic** and wedge **tomatoes**. Trim and halve **green beans**.



### 3. BROWN THE LAMB

Heat a large frypan over medium-high heat with **oil**. Add **curry leaves**. Cook for 1 minute until crisp and remove.

Add **lamb, onion, garlic** and **ginger**. Sauté for 5 minutes until **onion** has softened.



### 4. SAUTÉ THE AROMATICS

Add **spice mix, tomato paste, tomato** and **1/2 curry leaves** to the **lamb**. Sauté for 2 minutes.



### 5. SIMMER THE CURRY

Add **1 1/2 cup water** (see notes), **boiled potatoes** and **green beans** to **curry**. Simmer, semi-covered, for 15 minutes until **vegetables** are tender. Season with **1/2-1 tbsp vinegar, salt and pepper**.



### 6. FINISH AND SERVE

Halve and slice **cucumber** into crescents.

Divide **curry** among bowls. Top with **remaining crispy curry leaves** and **cucumber**.

**How did the cooking go?** We'd love to know - help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0440 132 826** or send an email to **hello@dinnertwist.com.au**

