



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



4 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	TOTAL FAT	CARBOHYDRATES
	39g	37g	52g

FROM YOUR BOX

BABY POTATOES	800g
BROWN ONION	1
GINGER	1 piece
GARLIC CLOVES	3
TOMATOES	3
GREEN BEANS	250g
LEBANESE CUCUMBER	1
CURRY LEAVES	3 fronds
LAMB MINCE	600g
CURRY POWDER MIX	1 packet
TOMATO PASTE	1 sachet

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 potatoes 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**.

Crescent **cucumber** and set aside.



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



6. FINISH AND SERVE

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 **0481 072 599** or send an email to **hello@dinnertwist.com.au**

