



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



4/6 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
4/6 Person:	37g	26g	37g

FROM YOUR BOX

	4 PERSON	6 PERSON
BABY POTATOES	800g	1.2kg
BROWN ONION	1	1
GINGER	1 piece	1 piece
GARLIC	2 cloves	3 cloves
TOMATOES	2	3
GREEN BEANS	250g	250g + 150g
CURRY LEAVES	2 fronds	3 fronds
LAMB MINCE	600g	600g + 300g
DURBAN CURRY MIX	1 packet	2 packets
TOMATO PASTE	1 sachet	2 sachets
LEBANESE CUCUMBER	1	2

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.

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 **2 cups water, 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**.

6P – add **3 cups water**.



6. FINISH AND SERVE

Halve and slice **cucumber** into crescents.

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

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