



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Coriander

All parts of the coriander are edible, including the stems and seeds. It has a fresh, sweet, lemon and nutty flavour that brings life to dishes.



N2

Slow Cook Lamb Rogan Josh

With Yellow Rice

Tender diced lamb, slow cooked in a tomato curry with flavours of cinnamon, cardamom and garam masala, served on yellow turmeric rice and finished with fresh coriander.



20 minutes + 3-4 hours slow cook



2 servings



Lamb

August - September 2022

Spice it up!

This Rogan Josh is a mildly spiced curry; add some ground chilli or fresh sliced chilli for extra heat if you like! Serve the curry with a dollop of yoghurt, pappadums and mango chutney if you have some.

FROM YOUR BOX

| | |
|----------------------|----------|
| BROWN ONION | 1 |
| CARROT | 1 |
| MEDIUM POTATO | 1 |
| RED CAPSICUM | 1 |
| DICED LAMB | 250g |
| ROGAN JOSH SPICE MIX | 1 packet |
| CHOPPED TOMATOES | 400g |
| BASMATI RICE | 150g |
| CORIANDER | 1 packet |

FROM YOUR PANTRY

oil for cooking, salt, pepper, ground turmeric

KEY UTENSILS

frypan, slow cooker, saucepan with lid

NOTES

If your slow cooker has a sauté function, you can sear the lamb in the cooker instead of in a frypan.

You can set the cooker to a low heat and cook for 5–6 hours instead.



1. PREPARE THE VEGETABLES

Dice onion, carrot and potato. Slice capsicum. Add all to the slow cooker.



2. BROWN THE LAMB

Heat a frypan over medium-high heat (see notes). Coat lamb with **oil, salt and pepper**. Cook in frypan for 3–4 minutes until browned. Transfer to slow cooker.



3. SIMMER THE SLOW COOK

Stir in spice mix and chopped tomatoes. Set the slow cooker to high heat and simmer for 3–4 hours until lamb is tender and vegetables are cooked through (see notes).



4. COOK THE RICE

When slow cook is almost ready, place rice and **1 tsp turmeric** in a saucepan. Bring to the boil. Cover with 1.5 x amount of water. Cover with a lid, cook on lowest heat for 10–15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.



5. FINISH AND SERVE

Season lamb with **salt and pepper** to taste. Serve with rice and garnish with chopped coriander.

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**

