



Product Spotlight: Almond Meal

The almond meal is used to thicken this curry as well as add a deep nutty flavour.



Slow Cook Lamb Korma

with Garlic Naan

Tender pieces of lamb leg, slow cooked with Island Currie's Khorma-style curry paste with aromatic flavours of cinnamon and cumin, served with warm garlic naan bread for dipping.



15 minutes + 3-4 hours slow cook



Lamb



2 servings

Add some extra!

You can serve this dish with rice if preferred! You can add extra vegetables to the slow cook; diced potatoes, carrot, or pumpkin work well. Garnish with chopped cashews or coriander.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	79g	76g	83g

FROM YOUR BOX

BROWN ONION	1
TOMATO	1
GINGER	1 piece
DICED LAMB LEG	400g
KHORMA PASTE	1 sachet
COCONUT CREAM	400ml
GREEN BEANS	150g
GARLIC CLOVE	1
NAAN BREAD	2-pack
ALMOND MEAL	40g

FROM YOUR PANTRY

oil for cooking, olive oil or butter, salt, pepper

KEY UTENSILS

frypan, slow cooker

NOTES

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

Slice and add the green beans to the slow cooker if preferred.

Protein Upsize Option: when adding extra meat, increase liquid in your slow cooker by adding 1/4 cup water to ensure even cooking.

No gluten option – naan bread is replaced with basmati rice. Place rice in a saucepan, cover with 300ml water. Cover with a lid and bring to a boil. Reduce to medium–low heat for 10–15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.



1. PREPARE THE VEGETABLES

Chop onion and tomato. Slice ginger. Add all to slow cooker.



2. BROWN THE LAMB

Heat a frypan over medium–high heat with **oil**. Cook lamb in frypan for 3–4 minutes until browned. Transfer to slow cooker.



3. SIMMER THE SLOW COOK

Stir in Khorma spice paste and coconut cream (reserve 1/4 cup for finishing). Set slow cooker to high heat and simmer for 3–4 hours until lamb is tender (see notes).



5. BLANCH THE BEANS

When slow cooker is almost finished, trim and halve green beans. Blanch in a frypan of simmering water until tender (see notes). Drain and set aside. Wipe out pan to dry.



5. WARM THE NAAN BREAD

Crush garlic clove and combine with **1 tbsp olive oil or softened butter**. Spread over top side of each naan bread. Toast bread in frypan over medium–high heat for 1 minute each side until golden.



6. FINISH AND SERVE

Stir almond meal through lamb korma and season with **salt and pepper**. Divide among bowls and drizzle with reserved coconut cream. Serve with green beans and garlic naan bread for dipping.

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