



Product Spotlight: Almond Meal

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



Slow Cook Lamb Khorma

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



15 minutes + 3-4 hours slow cook



Lamb



4/6 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
4/6 Person:	66g	53g/47g	50g/58g

FROM YOUR BOX

	4 PERSON	6 PERSON
BROWN ONION	1	1
TOMATOES	2	3
GINGER	1 piece	1 piece
DICED LAMB LEG	800g	800g + 400g
KHORMA PASTE	2 sachets	3 sachets
COCONUT CREAM	400ml	400ml
GREEN BEANS	250g	250g + 150g
GARLIC CLOVE	1	2
PIZZA BASES	2-pack	2 x 2-pack
ALMOND MEAL	1 tub	1 tub

FROM YOUR PANTRY

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

KEY UTENSILS

oven tray, slow cooker, frypan

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 – pizza bases replaced with basmati rice. Place rice in a saucepan, cover with 600ml 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 **tomatoes**. 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).

6P – add 1/2 cup water.



4. BLANCH THE BEANS

Set oven to 250°C (for step 5).

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.



5. MAKE THE GARLIC BREAD

Crush **garlic clove** and combine with **2 tbsp olive oil or softened butter**. Spread over top side of each **pizza base** and sprinkle with **salt**. Place on a lined oven tray and bake for 5–7 minutes (in batches). Slice into triangles.

6P – crush garlic cloves and combine with 3 tbsp olive oil or softened butter.



6. FINISH AND SERVE

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

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