DINNER TWIST
LOCAL, HEALTHY, DELIVERED

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.

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! If you have some, serve the curry with a dollop of yoghurt, pappadums and mango chutney.

🕐 20 minutes + 3-4 hours slow cook   🍴 2 servings   🧂 Lamb

June 2023

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 **1/2 tsp turmeric** in a saucepan. Cover with 1.5 x amount of water. Bring to a boil. 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.

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