



Slow Cooked Lamb Curry

Ingredients

- Olive oil
- 1 white onion sliced
- Half of a 300ml jar of korma curry paste
- 1 x 400g tin tomatoes
- 2 x 400ml cans coconut cream
- 1.5kg diced lamb
- 100g baby spinach

Method

- Gently caramelize the onion with 1 x tbsp olive oil in a large heavy bottomed casserole dish (takes around 5-10 minutes until onion is really golden yellow).
- Add the curry paste and cook for a few minutes until aromatic (add 1/2 cup water if the paste is sticking to the bottom of the pan).
- Add the tomatoes and coconut cream and bring to a simmer. Pop your lamb into the curry and simmer very gently with the lid on for approx. 2hrs or until the lamb is soft and tender.
- Once the lamb is ready (you will need to try it) add the spinach and cook for 5 minutes before you remove the curry from the heat to serve.
- Serve your Slow Cooked Lamb Curry with rice, natural yoghurt and Long Track Pantry Tomato Kasundi.

This curry is best made the day before. If you are doing this - leave out the spinach and add it just before serving when you re-heat.