

# LAMB KORMA

## INGREDIENTS

- 2 tbsp. vegetable oil
- 1 onion sliced
- 2 garlic cloves crushed
- 2 tsp grated ginger
- 1 kg boneless lamb shoulder trimmed, cubed
- 1/3 cup korma curry paste
- 400 g can diced tomatoes
- 400 ml can coconut cream
- 1/2 cup water or beef stock
- 150 g green beans trimmed, halved
- coriander leaves and pappadums to serve



## METHOD

1. Heat oil in a large saucepan on high. Sauté onion for 4-5 mins, until tender. Add garlic and ginger. Sauté for 1 min.
2. Add lamb. Cook, stirring, for 3-4 mins until browned. Blend in curry paste. Cook, stirring, for 1 min until fragrant.
3. Stir in tomatoes, coconut cream and water or stock. Bring to the boil on high. Reduce heat to low and simmer, covered, for 50-60 mins, until lamb is tender.
4. Stir beans through. Simmer for a further 4-5 mins, until tender. Sprinkle with coriander leaves and serve with pappadums.