

Save Our Stomachs

THAI LAMB CURRY



Why not impress your flatmates with this delicious recipe that uses succulent cubes of Quality Standard shoulder or leg of lamb cooked in a creamy Thai sauce.

This recipe serves 6 people and takes 5 minutes to prepare and 40-50 minutes to cook.

Cooking equipment you will need:

- 1 large non-stick frying pan or wok
- 1 chopping board
- 1 sharp knife
- 1 wooden spoon
- a small bowl

Ingredients you will need:

- 1 small red chill
- 2 spring onions
- a small handful fresh coriander leaves
- 675g Quality Standard Mark boneless lamb shoulder or leg
- 2tbsp oil
- Large jar Thai curry cook-in sauce

Prepare your ingredients:

- Finely chop the red chilli, spring onions and coriander leaves. Transfer to a small bowl for later.
- Cut the lamb into medium-sized cubes the size of a 50p piece

To cook the recipe:

- Heat the oil in a large non-stick pan or wok and fry the lamb for 5-10 minutes until brown
- Add the Thai curry sauce, bring the sauce to the boil, reduce the heat, cover and simmer for 35-40 minutes until the lamb is tender
- Garnish with the chillies, spring onions and coriander and serve with plain rice and a salad or vegetables