



# Goan Masala lamb with lentils

RECIPE BY ROSE STREET PANTRY

**PREP** 10 MIN

**COOK** 6 HRS

**SERVES** 6-8

**LEVEL** EASY

## INGREDIENTS

1 boned leg of lamb (1.5-2kg)

1 tin Brown Lentils, drained

1 x 400g tin of peeled and diced Tomatoes

1 jar Under the Pickle Tree Goan Masala Paste

1 bunch Spinach, chopped

Fresh Coriander and Natural Yoghurt to garnish

2 cups Green Beans, topped and tailed

1 large Red Pepper, cut into chunky strips

*\* Requires a slow cooker*

## METHOD

**STEP 1** In a pan heat the curry paste until fragrant and add tinned tomatoes.

**STEP 2** In your slow cooker pour this mixture over the lamb with the vegies and lentils all mixed in.

**STEP 3** Leave to slow cook for 6 hours or until lamb falls apart. Remove the lamb from the slow cooker and break apart, adding back into the gravy.

**STEP 4** Before serving add the fresh coriander and a dollop of natural yoghurt.

**TIP** Serve with naan bread or pappadums and rice.



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