

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 Marsala 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

METHOD

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

STEP 2 Pour this mixture over the lamb with the lentils and red pepper.

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 Add beans, spinach add cook for 5 minutes

STEP 5 Before serving add the fresh coriander and a dollop of natural yoghurt.

TIP Serve with naan bread, pappadums, rice or mash.



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