

# Lamb and lentil curry

Serves 4

Preparation time: 15 minutes

Cooking time: 1 hour 40 minutes

2 tsp peanut or vegetable oil  
2 brown onions, thinly sliced  
600g fully trimmed boneless lamb shoulder, cut into 2cm cubes  
2-3 tbsp Korma curry paste  
2 carrots, peeled, cut into rounds  
500ml (2 cups) salt reduced chicken stock  
400g tin brown lentils, rinsed and drained  
400g can chopped tomatoes  
60ml (¼ cup) reduced fat natural yoghurt, to serve  
Naan bread, to serve  
200g green beans, steamed, to serve



Preheat oven to 160°C or 140°C fan forced. Heat oil in a large flameproof casserole dish over a medium-high heat. Add the onion and cook, stirring, for 3-4 minutes or until softened. Add lamb and cook stirring, for 2-3 minutes or until browned.

Add curry paste and cook, stirring, for 1 minute or until fragrant. Return lamb to pan with the carrots, stock, lentils and tomatoes, stir to combine. Bring to the boil.

Cover dish tightly and transfer to preheated oven for 1 ½-2 hours or until lamb is very tender. Serve curry with yoghurt, naan and steamed beans.

Tip: you can replace the dried lentils with a 400g tin brown lentils, rinsed and drained. Add lentils after 1 hour of the cooking time.