

# LAMB KORMA WITH RAITA

Serves: 4



## Ingredients

Spray olive oil

1 brown onion, sliced into wedges

2 tablespoons korma curry paste (or other curry paste)

400g diced trim lamb or lamb leg steaks cut into bite sized pieces

400g can diced tomatoes

1 cup reduced salt chicken stock

3/4 cup fresh coriander leaves

1/2 Lebanese cucumber, grated

1/2 small carrot, grated

2 cups reduced fat Australian natural yogurt

Steamed basmati rice and green beans for serving

## Nutritional Information:

Kilojoules 1230 kJ

Calories 293 cal

Protein 29 g

Total fat 10.8 g

Saturated fat 3.6 g

Carbohydrate 17 g

Sodium 708 mg

Calcium 285 mg

Iron 4 mg

Fibre 3 g

## Method

1. Spray a heavy based saucepan with oil, add onion and cook for 2-3 minutes over medium heat. Add curry paste and continue to cook for a further minute, until fragrant. Add the lamb and brown over high heat for 3-4 minutes. Pour in tomatoes and stock, bring to the boil, then reduce the heat and simmer uncovered for 30-40 minutes.
2. To make raita, finely chop half the coriander leaves and combine with cucumber, carrot and half the yogurt.
3. Remove the curry from the heat and stir in the remaining yogurt. Serve curry with rice and beans, drizzle with raita, and garnish with extra coriander leaves.

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