



EFFORTLESS MUTTON CURRY



MINUTES TO PREPARE
20



MINUTES TO COOK
1 hour 30



SERVES
4-6

INGREDIENTS

For the curry paste:

1 onion, peeled and roughly chopped

1/2 fennel, end and core removed, roughly chopped

1 green pepper, deseeded and roughly chopped

1 lemongrass, ends and outer leaves removed, roughly chopped

1 heaped ground turmeric

2cm fresh ginger, peeled and finely diced

4 cloves of garlic, peeled and finely diced

1 teaspoon cumin seeds

1 teaspoon coriander seeds

1 teaspoon fennel seeds

1 teaspoon Maldon sea salt

A good grind of black pepper

2 tablespoons of rapeseed oil

For the curry:

1 tablespoon of rapeseed oil

850g mutton, finely diced (or lamb)

400g tinned tomatoes

100ml light coconut milk

Juice of 1/2 lemon

1 tablespoon of runny honey

Cinnamon stick

50 ml water at the end to loosen

loosen

A handful of chopped flat leaf parsley or fresh coriander to serve

serve

You will need a casserole dish with a lid and a Nutribullet, food processor or blender.

LET'S GET COOKING

- 1 Preheat the oven to 180/350/gas 4.
- 2 Heat the rapeseed oil in a casserole dish over a high heat. Season the mutton with Maldon sea salt and freshly ground pepper. Add the mutton and brown (in batches if necessary) until it has taken on some colour.
- 3 Place all of the curry paste ingredients into a Nutribullet, food processor or blender and blitz until smooth. Add a tablespoon of water to loosen if necessary.
- 4 Turn down the casserole dish on the heat to medium to low. Add the curry paste and stir well. Sauté for 10 minutes.
- 5 Add the tin of tomatoes, coconut milk, cinnamon stick, lemon juice and honey. Bring to a simmer and pop a lid on. Place in the oven for 1 hour and 30 minutes, checking after 1 hour and 15 minutes. The meat should be tender and easy to break with the side of a spoon.
- 6 If the sauce is too thick, loosen by adding a tablespoon of water. This can be repeated to the right consistency for you.
- 7 Taste and adjust the salt, pepper, or lemon juice as necessary.
- 8 Serve with basmati rice and chopped flat leaf parsley or coriander.