EAST AFRICAN · DINNER

Mauritian Lamb Curry with Potatoes

100 min · Serves 3 · 601 kcal a serve · Video 8:44 · shelinacooks

Gluten-free ingredients · No dairy listed · No nuts listed

A slow-simmered lamb and potato curry built on fresh garlic, ginger, tomato and curry leaves: about 27 g protein and 12 g fibre a serve, and rich in zinc and vitamin B12.

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Ingredients 16 · SERVES 3

- [ ] 3 tbsp **oil**
- [ ] 1 **red onion**, chopped
- [ ] **salt**, a pinch with the onion and more to taste
- [ ] 1 **cinnamon** stick
- [ ] ¼ tsp **fenugreek seeds**
- [ ] 15 **curry leaves**
- [ ] 5–6 small sprigs **fresh thyme**
- [ ] 3 **chillies**, slit
- [ ] 20 g **garlic paste**
- [ ] 20 g **ginger paste**
- [ ] 1 large **tomato**, chopped
- [ ] 3 tbsp chopped **fresh coriander**, stalks and leaves (half for garnish)
- [ ] 30 g (3 heaped tbsp) **Mauritian curry powder**, mixed to a paste with water
- [ ] 500 g **lamb** on the bone (mixed curry pieces)
- [ ] 350–400 ml **water**, plus a splash more with the potatoes
- [ ] 3 medium **potatoes**, peeled and halved

Allergens found in the listed ingredients: none. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Heat the oil in a heavy pot and fry the onion with a pinch of salt until golden. Add the cinnamon, fenugreek, curry leaves, thyme and slit chillies and stir briefly. 2:15
2. Add the garlic and ginger paste, then the tomato and half the coriander. Cook until the tomato breaks down and the pan looks dry. 3:41
3. Mix the curry powder with a little water to a loose paste, add it and cook, stirring, until it dries out again. 4:23
4. Add the lamb, coat it in the masala and let it sear. Pour in the water and simmer over medium heat for about 1 hour until the lamb is tender. 5:35
5. Add the potatoes with a splash more water, check the salt, and simmer without stirring until the potatoes are soft. The gravy stays fairly thin. 6:54
6. Scatter over the rest of the coriander and serve. 7:52

> **Tip** The cook doesn't give servings: 500 g lamb on the bone with 3 potatoes serves about 3 (our estimate). If you can't find Mauritian curry powder, use regular curry powder with a little extra ground coriander and cumin.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 3 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
601 kcal 2,510 kJ	27 g 54% of a day	53 g 41 g net · 6.4 g sugars 19% of a day

FIBRE	FAT	SODIUM
12 g 41% of a day	33 g 8.6 g saturated 42% of a day	480 mg 21% of a day

Energy from net carbs 29% · protein 19% · fat 52%

High in (20%+ of a day) Omega-3 100% · Vitamin B12 95% · Zinc 55% · Vitamin B6 54% · Selenium 48% · Vitamin C 40% · Vitamin E 38% · Vitamin K 37% · Iron 35% · Potassium 33% · Magnesium 27% · Folate 26%

Source of (10–19%) Calcium 11%

Recipe and video: shelinacooks (@shelinacooks) on YouTube — youtube.com/watch?v=jd9aeL9o-5M, published 23 June 2019. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/mauritian-lamb-curry-potatoes