

Easy Massaman Lamb Curry with Fluffy Rice

This rich, mild Thai curry is a favourite in Australia, and with good reason! It's creamy, tasty and so luxurious with its coconut milk base. Soft, melt in your mouth lamb and green beans are the perfect additions to this curry which will please kids and adults alike.



Prep: 15 mins Cook: 35 mins Total: 50 mins



level 2



lactose free



contains crustacea









Lamb Leg Steaks



Brown Onion



Massaman Curry Paste









Coconut Milk



Green Beans



QTY	Ingredients	
600 g	lamb leg steaks, fat trimmed	
1 ½ tbs	olive oil *	
1	brown onion, finely sliced	
2 tbs	massaman curry paste	
2 cloves	garlic, peeled & crushed	
1	carrot, finley sliced on the diagonal	
400 g	sweet potato, peeled & chopped into 3 cm chunks	
1 tin	coconut milk	
200 g	green beans, cut into 3 cm lengths	
1 ½ cups	Jasmine rice, rinsed well	
6 cups	water *	

#	Ingredients features
	in another recipe

Pantry Items

Pre-preparation

Nutrition per serve

Energy	3490	Kj
Protein	45	g
Fat, total	32.5	g
-saturated	17.2	g
Carbohydrate	83.1	g
-sugars	11.7	g
Sodium	819	mg



You will need: chef's knife, chopping board, garlic crusher, vegetable peeler, sieve, aluminium foil, large bowl, plate, wooden spoon, medium saucepan, and a large deep-sided frying pan.



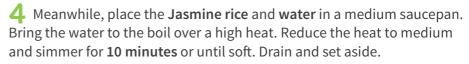


2 In the same frying pan, heat another 2 tsp of the olive oil over a medium-high heat. Add the **brown onion** and cook for **5 minutes**, or until the onion has softened. Add the **massaman curry paste**, **garlic** and remaining olive oil. Cook for **2 minutes**, stirring regularly to break up the curry paste. Add a splash of water to deglaze the pan and then add the **carrot** and **sweet potato** and cook for a further **5 minutes** so that all the ingredients are coated in the spices.



3 Pour in the **coconut milk** and stir to combine. Bring the mixture to the boil, reduce the heat to medium-low and cover. Simmer for **10 minutes** and then stir in the **green beans**. Simmer for a further **5 minutes** or until the sweet potato is soft when pricked with a fork.

Tip: If you don't have a lid, carefully cover the pan tightly with foil. You can adjust the consistency of your curry sauce with a little hot water if you need to. Season your curry to taste with a pinch of salt or sugar.





- 5 Thinly slice the rested lamb leg steaks. Stir the lamb through the curry sauce for **1 minute** to heat through.
- 6 To serve, divide the rice between plates and top with the curry. Enjoy!