



Slow cooker Lamb Curry



Ingredients:

- 1/4 cup plain flour
- 800g diced lamb shoulder
- 2 tablespoons olive oil
- 1 large brown onion, chopped
- 2 garlic cloves, crushed
- 4cm piece fresh ginger, peeled, grated
- 1 long red chilli, finely chopped
- 1/4 cup Indian madras curry paste
- 270ml light coconut milk
- 1 teaspoon stock powder
- 1 cinnamon stick
- 1 dried bay leaf

Method:

1. Place flour and lamb in a snap-lock bag. Season with salt and pepper. Seal. Shake to coat. Press brown on your multi cooker and heat oil. Cook lamb, in batches, for 3 to 4 minutes or until browned and remove.
2. Add onion, garlic and ginger to the multi cooker and cook, stirring, for 4 to 5 minutes or until tender. Add chilli and curry paste. Cook, stirring, for 1 minute or until fragrant. Add coconut milk, stock powder and 3/4 cup cold water. Add cinnamon stick and bay leaf. Return lamb and any juices stir to combine.
3. Press cancel, close the lid then press the slow cook button, press 4 hours and start. Make sure your valve is on exhaust. Once done remove and discard cinnamon stick and bay leaf. Serve with rice, yoghurt, naan and coriander.