

## MASHED POTATOES WITH LAMB CURRY



**Serving:** 6

**Cooking Time:** 1 hour and 55 minutes

**Prep Time:** 25 minutes

### INGREDIENTS

- 900g lamb fillet, cut into 3cm cubes

- 2 Tbsp vegetable oil
- 2 onions, roughly chopped
- 3 garlic cloves, crushed
- 2 green chillies, finely chopped
- 1 Tbsp fresh ginger, grated
- 1 Tbsp ground turmeric
- 1½ Tbsp masala
- 1½ Tbsp ground cumin
- 1 Tbsp chilli powder
- 1 Tbsp all-purpose flour
- 6 large tomatoes, roughly chopped
- 400ml coconut milk
- 600ml chicken stock
- 250g baby spinach leaves
- 200g plain yoghurt
- **Mashed Potatoes:**
- 6 large potatoes, peeled and quartered
- 75g butter
- 1/3 cup milk

## INSTRUCTIONS

1. Heat one tablespoon of vegetable oil in a large saucepan over a medium-high heat and brown the lamb in batches for 3-4 minutes until golden. Remove from the saucepan and set aside.

2. Reduce the heat to medium, pour in the remaining tablespoon of vegetable oil and add the onions, garlic, chillies and ginger and fry for 2-3 minutes, until golden.
3. Stir in the turmeric, garam masala, cumin and chilli powder and fry for one minute or until fragrant. Add the flour and cook for a further minute.
4. Add the tomatoes and coconut milk and scrape the bottom of the pot to remove all the flavourful bits that have stuck to it.
5. Return the lamb to the saucepan, pour in enough chicken stock to just cover the lamb, stir well and bring to the boil.
6. Cover and simmer on low for 1 hour or until the lamb is tender and cooked through.
7. In the meantime, put a medium saucepan of salted water on the boil and cook the potatoes for 20 minutes or until you can easily push a knife through them.
8. Drain the water from the saucepan and add the butter and milk to the potatoes. Season well with salt and pepper.
9. Using a potato masher, mash potatoes until smooth and creamy. Be careful to not over beat them, this will give the potatoes a glue-like texture. Set aside.
10. Skim off any excess fat from the surface of the sauce, then add the spinach and cook for 2 minutes until the spinach has wilted.
11. Stir in the yoghurt, season to taste with salt and freshly ground black pepper and serve over the mashed potatoes.