



NATURAL PASTURES
cheese company

Comox Valley, Vancouver Island

Quick Lamb Curry with Buffalo Paneer

Ingredients

- 1 tablespoon vegetable oil
- 500 g lamb fillet or left over leg of lamb, diced
- 1 onion, chopped
- 1 garlic clove, crushed
- 1 teaspoon grated fresh ginger
- 2 tablespoons curry paste (or mild curry paste)
- 1 1/2 cup beef stock or water
- 1 large carrot, peeled, chopped
- 1 stalk celery, chopped
- 200 ml coconut milk
- 1 apple, peeled and chopped
- Natural Pastures Buffalo Paneer**, one third package, cubed
- Coriander or parsley leaves, to garnish
- Steamed brown medium grain rice (or your favourite rice), to serve

Directions

1. Heat oil in a large saucepan over high heat, add the lamb and brown in batches. Remove and set aside.
2. Reduce heat to medium, add onion, garlic and ginger to pan and cook, stirring, for 5-6 minutes.
3. Add curry paste and cook, stirring, for 2-3 minutes. Return lamb to pan, add stock and bring to the boil. Reduce heat and simmer for 30 minutes.
4. Add the carrot, celery and coconut milk and cook for a further 25 minutes.
5. Add Natural Pastures Buffalo Paneer and warm through. Garnish with coriander and serve with rice.

We are grateful for the support of the BC Government's Buy Local Program, delivered by the Investment Agriculture Foundation of BC with funding from the BC Ministry of Agriculture.

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