



This quick lamb curry comes together fast but still delivers deep, warming flavor. Coconut milk, tomatoes, and spices create a rich, satisfying dish.

INGREDIENTS

- 1 lb Ground lamb
- 1 medium Onion, finely chopped
- 3 cloves Garlic, minced
- 1-inch piece Fresh ginger, grated
- 2 tsp Curry powder or garam masala
- 1 tsp Ground cumin
- ½ tsp Ground turmeric
- ½ tsp Paprika or chili powder
- 1 (13.5 oz) can Coconut milk
- 3 Plum (Roma) tomatoes, chopped (or ½ of a 14 oz can chopped tomatoes)
- 1 tsp Pink Himalayan salt
- ½ tsp Black pepper
- Juice of ½ lime

GARNISH

- 1 Tbsp Fresh cilantro, chopped
- Pickled sliced jalapeños, to taste

INSTRUCTIONS

1. Heat a large skillet over medium heat. Add the ground lamb and cook for 6–8 minutes, breaking it up as it browns.
2. Add the chopped onion and cook for 3–4 minutes, until softened. Stir in the garlic and ginger and cook for another minute.
3. Add the curry powder, cumin, turmeric, and paprika. Stir for about 30 seconds, until fragrant.
4. Pour in the coconut milk and add the chopped tomatoes. Stir well, bring to a gentle simmer, then reduce the heat and cook for 10–15 minutes, until the sauce thickens slightly.
5. Stir in the lime juice. Taste and adjust seasoning as needed.
6. Garnish with fresh cilantro and sliced jalapeños before serving.

Note: This dish pairs especially well with simple, lighter vegetables that balance its richness. Try serving it with steamed cauliflower, green beans, or roasted zucchini. A fresh cucumber salad or shredded cabbage with a squeeze of lime also adds a crisp contrast.

Nutrition (Based on 2000kcal)

508kcal/serving | **Macros:** Net Carbs 7.6 g (2.3 g fiber), Protein 27.3 g, Fat 40.1 g (24.1 g saturated)

Good source (10-19% DV): Fiber, B1 (thiamin), B5 (pantothenic acid), B6 (pyridoxine), Folate, Vitamin C, Vitamin K, Magnesium, Sodium.

Excellent source (>20% DV): Omega-3, Protein, B2 (riboflavin), B3 (niacin), B12 (cobalamin), Copper, Iron, Manganese, Phosphorus, Potassium, Selenium, Zinc.