

Thai Red Curry Lamb

Ingredients (serves 2)

- 225g Lamb Chunks
- 1 Brown Onion
- 1 Red Pepper
- 1 med Potato
- 1 small Carrot
- 200ml Coconut Milk
- 3 tbsp Yau's Thai Red Curry Paste
- 2 tbsp Vegetable Oil
- ¼ tsp Bicarbonate of Soda
- ½ tsp Salt



Preparation

1. Mix 1 tbsp oil, bicarbonate of soda and salt together to form a paste.
2. Marinate the lamb chunks in the paste and leave for 30 mins.
3. Chop onion, potato, red peppers and carrots.
4. Par boil potato and carrot until tender. Drain and set aside.

Cooking

1. Heat a deep pan or wok on a medium to high heat and add 1 tbsp oil.
2. Brown lamb for 4-5 minutes.
3. Add onions and cook for a further 1-2 minutes.
4. Add pepper, potato and carrots and stir fry until all ingredients are mixed well.
5. Stir in Yau's Thai Red Curry Paste and stir fry for 2 mins.
6. Pour in coconut milk and bring back up to temperature, ensuring lamb is cooked through before serving.