

# LAMB THAI RED CURRY



A fresh and suitably spicy paste made from a blend of galagal, peppers and kaffir lime

PREP  
30

COOK  
15

SERVES  
2

## INGREDIENTS

225g Lamb Chunks  
1 Brown Onion  
1 Red Pepper  
1 medium 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

### Top Tip

Don't skip marinating the lamb, this ensures maximum tenderness

## PREPERATION

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 the lamb for 4-5 minutes.
3. Add the onions and cook for 1-2 minutes.
4. Then add pepper, potato and carrots.
5. Stir in Yau's Thai Red Curry Paste and stir fry for 2 minutes.
6. Pour in coconut milk and bring back up to temperature, ensuring lamb is cooked through before serving.

## Behind Yau's...

Phillip and Bonnie Yau created their business in 2012 to address the growing demand for natural, free-from prepared oriental sauces.

As the market became more aware of what they were putting in their bodies, the Yau's created a range that was suitable for everyone, as well as being equally delicious.

