

Lamb curry with cauliflower rice

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This curry is packed with flavour and sits on the lighter side of your usual curry.

Ingredients (Serves 3 to 4)

- 2 green [chillies](#)
- 2 cloves [garlic](#)
- 1 stick lemongrass
- 1 tbsp curry powder
- 1 tbsp turmeric
- ¼ cup cold-pressed extra-virgin coconut oil, plus extra for cooking
- 1 x 400 ml can coconut milk
- 1 x 400 ml can coconut cream
- ½ pumpkin, peeled and roughly chopped
- 500 g grass-fed lamb, diced
- Sea salt and pepper, to taste
- 1 bunch broccolini
- 1 zucchini
- 1 cauliflower
- 1 lemon
- ¼ bunch coriander

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Method

Halve chillies and remove seeds. Roughly chop along with garlic and lemongrass and blend with curry powder, turmeric and coconut oil until a paste forms. If you are unfamiliar with lemongrass, simply remove the tough outer leaves and the bulb (end) and slice the stalk using all of the fleshy part. Stop slicing when you get to the greener, woodier section.

Heat 1 tbsp of oil in a large pan and cook paste for two minutes or until it becomes fragrant.

Add coconut milk, coconut cream, pumpkin and lamb and simmer for 15 minutes or until lamb is cooked.

Season with sea salt and pepper to taste.

Add chopped, washed greens and simmer for 5 minutes.

Thoroughly wash cauliflower. De-stem, dice into small pieces and blitz in a food processor or blender until it resembles rice. Lightly sauté in coconut oil.

Serve curry on top of cauliflower rice with fresh coriander and a lemon wedge. Leftovers will keep in the fridge for 3 to 4 days.

Recipe and image by [The Natural Nutritionist](#), Steph Lowe.

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