



 **56%**
HEALTH SCORE

Coconut Lamb Curry with Potatoes and Cauliflower

 **Gluten Free**

READY IN



45 min.

SERVINGS



4

CALORIES



747 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 medium head cauliflower cut into 1-inch florets (2 cups)
- 0.8 cup chicken stock see low-sodium canned
- 3 tablespoons madras curry powder
- 0.3 cup currants dried
- 2 tablespoons cilantro leaves fresh finely chopped
- 2 medium garlic cloves minced
- 0.3 cup heavy cream

- 1 tablespoon honey
- 2 medium jalapeño chiles minced seeded
- 1.5 pounds lamb rib chops
- 4 medium new potatoes red cut into 1/2 -inch dice
- 1 tablespoon olive oil extra-virgin
- 2 small onions halved thinly sliced
- 4 servings salt and pepper freshly ground
- 1 cup coconut milk unsweetened

Equipment

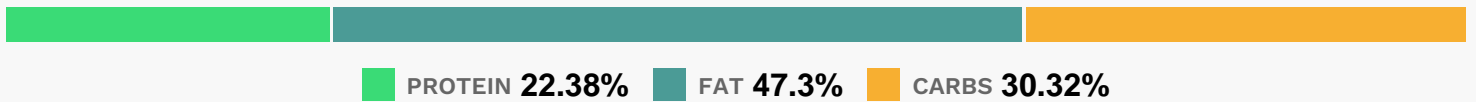
- frying pan
- knife
- pot

Directions

- Bring a medium pot of salted water to a boil.
- Add the potatoes and cauliflower and cook until just tender, about 7 minutes.
- Drain.
- Using a boning knife, trim off excess fat and scrape the lamb off the bones.
- Cut the meat into 3-by-1-by-1/4 -inch strips. Season the lamb with salt and pepper.
- Heat 1 teaspoon of the oil in a large, straight-sided, nonreactive skillet.
- Add half of the lamb in a single layer and cook over moderately high heat, turning once, until browned and crusty, about 2 minutes.
- Transfer to a platter. Repeat with the remaining lamb and 1 more teaspoon oil.
- Heat 2 teaspoons of the oil in the skillet.
- Add the onions, jalapeos and garlic and saut over moderately high heat until just softened, about 3 minutes.
- Add the potatoes and cauliflower and saut until lightly browned, about 2 minutes.
- Add the vegetables to the lamb.

- Heat the remaining 1 teaspoon oil in the skillet.
- Add the curry powder and cook over moderately high heat, stirring, until fragrant, about 30 seconds.
- Pour in the chicken stock, scraping the bottom of the pan to loosen any browned bits, and cook until reduced by two-thirds, about 3 minutes. Stir in the coconut milk, heavy cream, currants and honey and simmer until slightly reduced and thickened, about 3 minutes.
- Return the lamb, potatoes, cauliflower and any accumulated juices to the sauce and simmer until heated through. Season with salt and pepper.
- Make Ahead: The curry can be made up to 1 day ahead. Rewarm over low heat. Stir in the cilantro and serve.
- Serve With: Basmati rice or nan, Indian flat bread similar to pita; it is available at some supermarkets.
- Wine Recommendation: This spicy-sweet hearty dish would overwhelm reds usually served with lamb. Go for a soft and fruity red that stays in the background: an Australian Shiraz, such as the 1993 Mitchelton or the 1993 Wyndham Estate Bin

Nutrition Facts



Properties

Glycemic Index:58.82, Glycemic Load:5.23, Inflammation Score:-8, Nutrition Score:37.166956647583%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 9.17mg, Quercetin: 9.17mg, Quercetin: 9.17mg, Quercetin: 9.17mg

Nutrients (% of daily need)

Calories: 747.14kcal (37.36%), Fat: 40.22g (61.88%), Saturated Fat: 22.51g (140.68%), Carbohydrates: 58.03g (19.34%), Net Carbohydrates: 49.64g (18.05%), Sugar: 17.76g (19.73%), Cholesterol: 129.07mg (43.02%), Sodium: 400.12mg (17.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.83g (85.65%), Vitamin B3: 14.17mg (70.86%), Vitamin B12: 4.12µg (68.61%), Selenium: 44.67µg (63.82%), Manganese: 1.26mg (63.22%), Vitamin C: 49.79mg (60.35%), Phosphorus: 574.71mg (57.47%), Potassium: 1955.03mg (55.86%), Zinc: 8.06mg (53.74%), Vitamin B6: 0.9mg (44.98%), Iron: 7.3mg (40.57%), Copper: 0.76mg (37.97%), Magnesium: 138.22mg (34.55%),

Fiber: 8.39g (33.55%), Vitamin B1: 0.46mg (30.73%), Folate: 121.38µg (30.35%), Vitamin B2: 0.51mg (30.16%),
Vitamin B5: 2.17mg (21.7%), Vitamin K: 21.26µg (20.25%), Vitamin E: 2.37mg (15.78%), Calcium: 112.44mg (11.24%),
Vitamin A: 374.3IU (7.49%), Vitamin D: 0.24µg (1.59%)