



Curried Lamb Hash with Poached Egg



Gluten Free



Dairy Free

READY IN



90 min.

SERVINGS



4

CALORIES



878 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup cilantro leaves
- ☐ 2 cup coconut milk
- ☐ 1 tablespoon coriander seeds
- ☐ 4 tablespoon curry powder
- ☐ 3 clove garlic minced peeled
- ☐ 1 bunch green onions white and some green parts light sliced
- ☐ 2 teaspoon ground cinnamon
- ☐ 1 pinch kosher salt and freshly cracked pepper as needed

- ☐ 1.5 pound lamb loins boneless cut into 1-inch chunks
- ☐ 0.3 cup mint leaves
- ☐ 4 poached eggs
- ☐ 0.3 teaspoon pepper flakes red crushed
- ☐ 1 cup snow peas trimmed
- ☐ 2 cup tomato purée
- ☐ 1 teaspoon vegetable oil

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ wooden spoon

Directions

- ☐ Place the lamb chunks into the bowl of a food processor fitted with a blade attachment. Pulse 6 or 7 times until coarsely ground, then run the machine 10 or 12 seconds until well ground. Take care not to over-process it into a paste. Set aside.
- ☐ Heat the oil in a large cast iron or non stick skillet set over medium high heat.
- ☐ Add the onions and cook stirring occasionally until lightly browned, about 6 minutes.
- ☐ Add the diced red peppers, garlic, and ginger. Cook about 1 minute.
- ☐ Add the ground lamb, the curry powder, the spices and a pinch each salt and pepper. Cook breaking meat up with a wooden spoon until well-browned, 10 to 12 minutes. Lower the heat to medium, add the tomato puree and coconut milk. Stir to combine and cook, stirring occasionally, scraping the bottom and breaking meat up further with a wooden spoon until quite thick and most of the liquid has evaporated, about 30 minutes.
- ☐ Add the snow peas, cilantro and mint 5 minutes before the end. Season with salt and pepper if needed.
- ☐ Serve warm topped with poached eggs.

Nutrition Facts



 **PROTEIN 18.18%**  **FAT 71.22%**  **CARBS 10.6%**

Properties

Glycemic Index:50.25, Glycemic Load:3.47, Inflammation Score:-9, Nutrition Score:41.652608498283%

Flavonoids

Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 7.14mg, Quercetin: 7.14mg, Quercetin: 7.14mg, Quercetin: 7.14mg

Nutrients (% of daily need)

Calories: 877.55kcal (43.88%), Fat: 71.25g (109.61%), Saturated Fat: 40.65g (254.04%), Carbohydrates: 23.87g (7.96%), Net Carbohydrates: 17.17g (6.24%), Sugar: 7.87g (8.74%), Cholesterol: 309.17mg (103.06%), Sodium: 319.74mg (13.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.93g (81.85%), Manganese: 1.74mg (87.1%), Selenium: 50.15µg (71.64%), Vitamin B12: 4.28µg (71.4%), Iron: 12.47mg (69.29%), Vitamin B3: 13.34mg (66.68%), Phosphorus: 575.16mg (57.52%), Zinc: 8.03mg (53.55%), Copper: 0.95mg (47.32%), Potassium: 1486.48mg (42.47%), Vitamin B2: 0.72mg (42.07%), Vitamin K: 44.01µg (41.92%), Vitamin C: 33.97mg (41.17%), Magnesium: 154.39mg (38.6%), Vitamin E: 5.1mg (34.02%), Vitamin A: 1617.04IU (32.34%), Vitamin B6: 0.64mg (32.02%), Vitamin B5: 2.85mg (28.46%), Fiber: 6.7g (26.8%), Folate: 106.33µg (26.58%), Vitamin B1: 0.33mg (21.84%), Calcium: 174.22mg (17.42%), Vitamin D: 1.17µg (7.8%)