



## Curried Lamb Potpie

 Very Healthy

READY IN



195 min.

SERVINGS



1

CALORIES



3703 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 1 stick butter unsalted diced cold
- ☐ 2 cups butternut squash peeled cut into 1-inch dice (10 ounces)
- ☐ 1 medium carrots chopped (medium)
- ☐ 2 cups chicken stock see
- ☐ 2 teaspoons curry powder
- ☐ 0.3 cup wine dry white
- ☐ 1 large water with 1 teaspoon water lightly beaten (large)
- ☐ 1.5 cups flour all-purpose

- ☐ 2.5 tablespoons flour all-purpose
- ☐ 0.3 cup water
- ☐ 2 cups kale chopped
- ☐ 2 pounds lamb shoulder boneless trimmed cut into 3/4-inch cubes
- ☐ 3 tablespoons olive oil extra virgin extra-virgin
- ☐ 1 medium onion chopped (medium)
- ☐ 2 tablespoons parsley chopped
- ☐ 1 serving pepper freshly ground
- ☐ 0.5 teaspoon salt
- ☐ 1 serving salt
- ☐ 1 cup coconut milk unsweetened

## Equipment

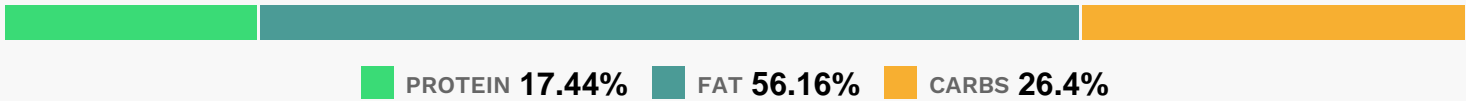
- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ slotted spoon
- ☐ dutch oven

## Directions

- ☐ In a food processor, pulse the flour and salt.
- ☐ Add the butter; pulse to the size of peas.
- ☐ Sprinkle the ice water over and pulse until the pastry starts to come together. On a work surface, gently knead the pastry a few times. Shape into a disk, wrap in plastic and refrigerate until firm, 1 1/2 hours.
- ☐ In a Dutch oven, heat 1 tablespoon of the oil. Season the lamb with salt and pepper and add half to the casserole. Cook over high heat until browned on 2 sides, about 3 minutes. Using a slotted spoon, transfer the lamb to a bowl; repeat with 1 more tablespoon of oil and the remaining lamb.

- ☐ Pour off the oil in the casserole.
- ☐ Add the remaining 1 tablespoon of oil and the lamb to the casserole.
- ☐ Add the onion and cook over moderate heat, stirring, until softened.
- ☐ Add the curry powder and cook, stirring, for 1 minute. Stir in the flour, then slowly stir in the wine until smooth.
- ☐ Add the stock and bring to a boil, stirring, until thickened, 1 minute. Cover and simmer over low heat until the lamb is very tender, 1 hour.
- ☐ Add the squash, kale, carrot and coconut milk to the casserole and simmer over moderately low heat until the vegetables are tender, 10 minutes. Season with salt and pepper. Stir in the parsley and let cool.
- ☐ Preheat the oven to 37
- ☐ Spoon the curry into a buttered 8-by-11-inch baking dish.
- ☐ Brush the dish rim with beaten egg. On a lightly floured surface, roll out the pastry to a 14-by-12-inch rectangle. Fold the pastry in half, unfold it over the curry, and gently press onto the edge of the dish.
- ☐ Brush with beaten egg; cut 4 small steam vents in the top.
- ☐ Bake the potpie for 40 minutes. Raise the heat to 450; bake for 20 minutes longer, until the pastry is browned and cooked through.
- ☐ Let rest for 20 minutes, then serve.

## Nutrition Facts



## Properties

Glycemic Index:339.83, Glycemic Load:118.57, Inflammation Score:-10, Nutrition Score:88.113478328871%

## Flavonoids

Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg Epicatechin: 0.44mg, Epicatechin: 0.44mg, Epicatechin: 0.44mg, Epicatechin: 0.44mg Hesperetin: 0.32mg, Hesperetin: 0.32mg, Hesperetin: 0.32mg, Hesperetin: 0.32mg Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Apigenin: 17.29mg, Apigenin: 17.29mg, Apigenin: 17.29mg, Apigenin: 17.29mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 15.42mg, Isorhamnetin: 15.42mg, Isorhamnetin: 15.42mg, Isorhamnetin: 15.42mg Kaempferol:

20.64mg, Kaempferol: 20.64mg, Kaempferol: 20.64mg, Kaempferol: 20.64mg Myricetin: 1.25mg, Myricetin: 1.25mg, Myricetin: 1.25mg, Myricetin: 1.25mg Quercetin: 32mg, Quercetin: 32mg, Quercetin: 32mg, Quercetin: 32mg

Nutrients (% of daily need)

Calories: 3702.9kcal (185.14%), Fat: 230.06g (353.93%), Saturated Fat: 127.27g (795.46%), Carbohydrates: 243.38g (81.13%), Net Carbohydrates: 220.01g (80%), Sugar: 31.22g (34.69%), Cholesterol: 623.13mg (207.71%), Sodium: 2585.17mg (112.4%), Alcohol: 8.24g (100%), Alcohol %: 0.45% (100%), Protein: 160.72g (321.44%), Vitamin A: 47704.84IU (954.1%), Vitamin K: 346.06µg (329.58%), Selenium: 229.39µg (327.71%), Vitamin B3: 60.84mg (304.19%), Vitamin B12: 15.45µg (257.53%), Manganese: 5.11mg (255.62%), Vitamin B1: 2.98mg (198.69%), Zinc: 28.82mg (192.11%), Phosphorus: 1884.42mg (188.44%), Folate: 733.66µg (183.42%), Vitamin B2: 3.08mg (181.05%), Iron: 29.68mg (164.88%), Vitamin C: 128.54mg (155.81%), Potassium: 4675.72mg (133.59%), Magnesium: 449.05mg (112.26%), Copper: 2.23mg (111.63%), Vitamin E: 16.23mg (108.19%), Vitamin B6: 2.13mg (106.3%), Fiber: 23.37g (93.46%), Vitamin B5: 7.11mg (71.11%), Calcium: 507.39mg (50.74%), Vitamin D: 1.7µg (11.3%)