



100%
HEALTH SCORE

Southern Indian Lamb Curry

 **Gluten Free**  **Very Healthy**

READY IN



72 min.

SERVINGS



6

CALORIES



575 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cinnamon sticks
- 6 cups rice steamed
- 1.5 tablespoon coriander seed
- 1.5 tablespoon cumin seed
- 10 curry leaves fresh
- 5.5 tablespoon fennel seed
- 2 bay leaves fresh
- 0.5 bunch cilantro leaves fresh roughly chopped

- 2 tablespoons ginger fresh minced
- 5 cloves garlic peeled
- 6 servings kosher salt and pepper black freshly ground
- 3 pounds boned shoulder lamb cut into 1-inch cubes
- 0.5 cup natural yogurt plain unsweetened
- 0.3 cup olive oil extra-virgin
- 2 medium onions roughly chopped
- 1 chili fresh red
- 1 scallion cut into strips
- 5 large tomatoes fresh
- 1.5 tablespoons turmeric

Equipment

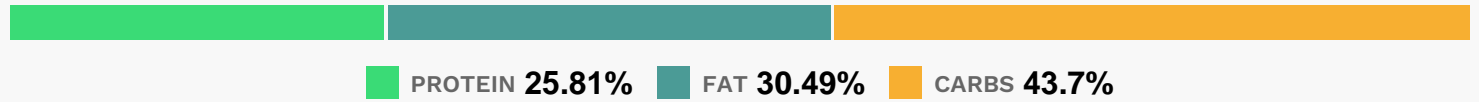
- food processor
- pot
- wooden spoon

Directions

- Begin by setting a large, heavy-based pot over medium heat. Grind the cloves, fennel, cumin, coriander, and turmeric in a spice grinder.
- Add oil to the hot pot and pour in the spices. Throw in cinnamon sticks, bay leaves, curry leaves, and chilli. Toast for 2–3 minutes until golden and aromatic – be careful, the leaves will splatter a little. While they are toasting, add onion, garlic and ginger to the food processor and pulse until finely chopped.
- Season cubed lamb with salt and pepper then add to the pot of oil and spices. Brown all over, about 5–7 minutes.
- Add onion puree and sweat a little to remove some of the moisture – about 8 minutes. Stir with a wooden spoon as you go. Now add fresh tomatoes and cover slightly with lid. Reduce heat and simmer for 40 minutes until the lamb is tender.
- Remove the lid and skim fat off the surface. Fold in the yogurt and simmer for a further 5 minutes.

Garnish with chopped fresh cilantro and scallions serve with steamed basmati rice and raita.

Nutrition Facts



Properties

Glycemic Index:65.67, Glycemic Load:50.96, Inflammation Score:-10, Nutrition Score:39.779565091366%

Flavonoids

Naringenin: 1.03mg, Naringenin: 1.03mg, Naringenin: 1.03mg, Naringenin: 1.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 8.93mg, Quercetin: 8.93mg, Quercetin: 8.93mg, Quercetin: 8.93mg

Nutrients (% of daily need)

Calories: 574.59kcal (28.73%), Fat: 19.51g (30.02%), Saturated Fat: 4.64g (28.99%), Carbohydrates: 62.94g (20.98%), Net Carbohydrates: 55.94g (20.34%), Sugar: 7.19g (7.99%), Cholesterol: 94.1mg (31.37%), Sodium: 129.37mg (5.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.17g (74.33%), Vitamin B3: 30mg (150.02%), Manganese: 1.76mg (87.85%), Vitamin C: 71.18mg (86.28%), Folate: 270.71µg (67.68%), Selenium: 45.85µg (65.5%), Vitamin B12: 3.89µg (64.84%), Zinc: 7.64mg (50.91%), Phosphorus: 454.15mg (45.41%), Iron: 6.55mg (36.38%), Vitamin B6: 0.67mg (33.68%), Potassium: 1146.98mg (32.77%), Vitamin A: 1514.69IU (30.29%), Magnesium: 116.5mg (29.13%), Fiber: 6.99g (27.98%), Vitamin B2: 0.46mg (27.29%), Copper: 0.5mg (25.23%), Vitamin K: 25.55µg (24.33%), Vitamin B1: 0.33mg (22.19%), Vitamin B5: 1.95mg (19.48%), Calcium: 194.47mg (19.45%), Vitamin E: 2.72mg (18.12%)