

Spiced Lamb with Lime & Coconut



Ingredients

- 225g (8oz) lean British lamb steaks, cut into thin strips
- 1 x 5ml sp (1tsp) oil
- 1 clove garlic, crushed
- 1.25cm (½") root ginger, peeled and grated
- 1 x 15ml sp (1tbsp) curry paste
- Rind and juice of 1 lime
- 25g (1oz) creamed coconut, blended with 150ml (¼pt) hot water
- Salt and black pepper
- 1 x 15ml sp (1tbsp) fresh coriander, chopped

Method

1. Heat the oil in a wok or large frying pan.
2. Add lamb, garlic and ginger and stirfry for 2-3 minutes.
3. Stir in curry paste.
4. Add lime rind and juice, creamed coconut and seasoning.
5. Bring to the boil and simmer uncovered for 5 minutes.
6. Stir in coriander.
7. Serve with rice and/or naan bread.

Serves 2

Cooking time: Approximately 10 minutes

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