



# LAMB & COCONUT THAI RED CURRY WITH GREEN BEANS

This beautifully fragrant curry comes together in less than 30 minutes if you're using boneless meat. Unlike most other stews or curries, the meat is poached in the coconut based sauce instead of frying it first, ensuring a really tender and juicy result. It is packed with flavour, with the quintessential sweet-sour-salty punch of delicious Thai food - perfect for any time of the year.

## INGREDIENTS: (SERVES 3-4)

30 ml (2 tablespoons) veg oil  
1 medium red pepper, finely chopped  
(pith & seeds removed)  
30 ml (2 tablespoons) fresh ginger, grated  
2 garlic cloves, grated  
30 ml (2 tablespoons) red curry paste  
1 x 400 g can coconut milk  
250 ml (1 cup) chicken/lamb stock  
15-30 ml (1-2 tablespoons) fish sauce  
800 g boneless lamb, sliced into bite-size cubes  
(remove excess fat)  
about 150 g fine fresh beans, stems trimmed  
rind (finely grated) and juice of 2 limes  
10 ml (2 teaspoons) soft brown sugar (optional)  
a handful fresh basil leaves (or coriander), to serve  
a handful bean sprouts, to serve (optional)  
1 red chilli, finely sliced, to serve (optional)  
a small bunch spring onions, finely sliced,  
to serve (optional)  
freshly cooked jasmine rice, to serve

## METHOD:

In a medium pot, heat the oil over medium-high heat and add the pepper, frying until fragrant. Add the ginger, garlic and curry paste, then fry for a minute. Add the coconut milk, stock and fish sauce and bring to a simmer. Add the meat cubes, bring back to a simmer and cook for 12-5 minutes, then add the lime zest, juice and sugar, stirring. Add the green beans and stir, cook for just 1-2 minutes, then remove from the heat. Serve hot with freshly cooked jasmine rice, scattered with basil, sprouts, spring onions and chilli.