

Lamb tikka curry

- Egg-free
- Gluten-free
- Nut-free
- Peanut-free
- Sesame-free
- Soy-free
- Wheat-free
- Shellfish-free
- Seafood-free
- No added sugar
- High in Dietary Fibre
- High in Protein
- Serves of fruit and veg
- 2 serve Veg or Fruit

Ready in just 3 simple steps, this easy lamb tikka curry recipe is the perfect way to spice up your week. Simply serve with lime and fresh herbs and dig in!

- Serves 4
- Cooktime 25 mins 25 minutes
- Prep time 10 mins

Ingredients

- 1 brown onion, thinly sliced
- 200g butternut pumpkin, peeled, seeded, cut into 3cm pieces
- 500g Coles Australian Graze Lamb Mince
- ¼ cup (60g) tikka curry paste
- 1 cup small cauliflower florets
- 400g can diced tomatoes
- ½ cup (125ml) chicken stock
- 100g baby spinach leaves
- 100g Greek-style yoghurt
- Steamed basmati rice, to serve

Nutritional information

Per Serve: Energy: 1240kJ/297 Cals (14%), Protein: 30g (60%), Fat: 12g (17%), Sat Fat: 4g (17%), Carb: 13g (4%), Sugar: 11g (12%), Fibre: 5g (17%), Sodium: 429 mg (21%). Check ingredient labels to make sure they meet your specific dietary requirements and always consult a health professional before changing your diet. View dietary information [here](#).

Percentage Daily Intake information on our recipes is calculated using the nutrition reference values for an average Australian adult.

Method

1. Step 1

Spray a large frying pan with olive oil spray. Place over medium-high heat. Add onion and pumpkin. Cook, stirring, for 5 mins or until lightly browned. Add mince and cook, stirring with a wooden spoon to break up lumps, for 3-4 mins or until the mince changes colour.

2. Step 2

Add curry paste to the mince mixture in the pan and cook, stirring, for 1 min or until aromatic. Add cauliflower, tomato and stock. Bring to the boil. Reduce heat to medium and partially cover. Cook for 10 mins or until the pumpkin is tender and sauce thickens slightly.

3. Step 3

Stir spinach into the curry. Cook for 1 min or until spinach wilts. Remove from heat. Stir in yoghurt. Serve with rice.