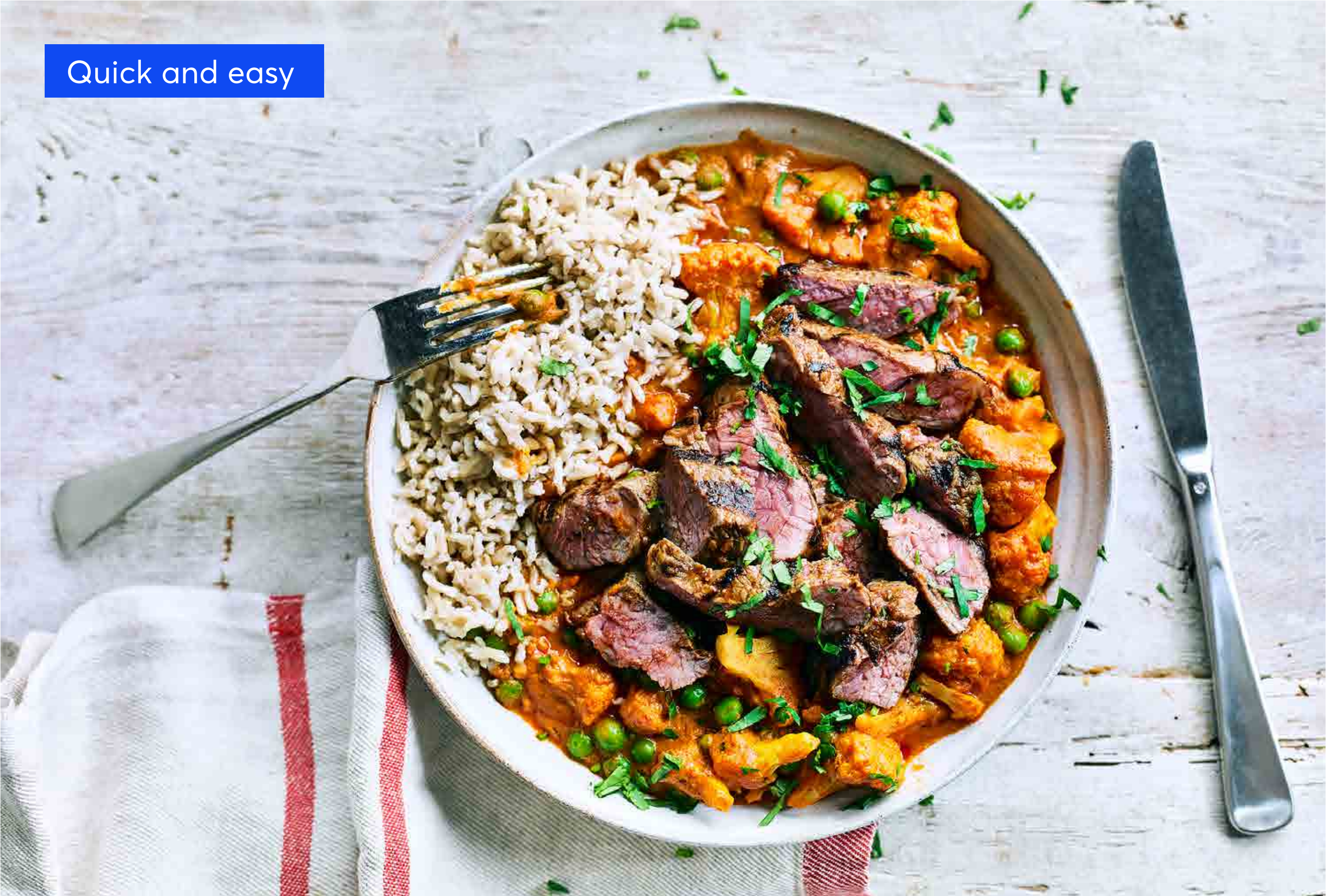


Quick and easy



Spiced lamb steaks with cauliflower and pea curry

Serves 1

130g lamb leg steak

25g madras curry paste

½ onion, peeled and chopped

1 clove garlic, peeled and crushed

140g cauliflower florets, halved

70ml passata

55g frozen peas

30g yoghurt, such as Greek, natural or soya

Small bunch of coriander, leaves chopped

Salt and pepper

30g cooked brown rice, to serve

Method

Rub the lamb steaks with half of the curry paste and set aside to marinate for 10 minutes.

Heat the remaining curry paste in a saucepan, add the onions and fry for 3–4 minutes until soft. Add the garlic and the cauliflower and fry for 5 minutes until the florets start to soften. Pour over the passata and a splash of water and simmer for 15 minutes until the cauliflower is soft. Add the peas, cook for a couple of minutes then take off the heat and stir through the yoghurt and coriander. Season to taste.

Whilst the curry is cooking, heat a heavy-based frying pan or griddle pan over a high heat. Add the lamb steaks to the pan and cook for 3 minutes on each side. Set aside to rest for a couple of minutes then serve with the curry and rice.