

Lamb Kofta Curry with Spiced Cauliflower 'Rice'

Oh yum. Little bundles of spiced lamb and coconut in a rich tomato based sauce sitting proudly on top of delicious cauliflower rice. Low carb, easy peasy, budget friendly. Tick, tick, tick. Taste good? Double tick. Actually, no.....make that a triple tick.

This would be delicious with normal rice also, however I must say the Cauliflower rice took it to a whole new level!

Prep time: 30 Minutes
Low Budget

Cooking time: 50 Minutes

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Serves 4

For the Kofta:

500gm of lamb mince

1/3 cup of desiccated coconut

2 garlic cloves, finely minced

2cm piece of ginger, finely grated

1 long green chilli, finely chopped (seeds removed optional)

2 tsp of fennel seeds, toasted (in a dry pan until aromatic) and ground in a mortar and pestle

1 tsp of ground cumin

1 tsp of ground coriander

Sea salt and cracked black pepper

For the Sauce:

Oil for frying

1 brown onion, finely diced

2 garlic cloves, finely minced

2cm piece of ginger finely grated

2 sprigs of curry leaves, removed from stems and stems discarded

1 tsp of ground cumin

1 tsp of ground coriander

2 tsp of garam masala

1 tsp of chilli powder (less optional)

1 tsp of turmeric

2 x 400gm tins of diced tomatoes

A squeeze of lemon

1 tsp of sugar

Sea salt and cracked black pepper

Greek yoghurt to serve

Fried curry leaves to serve*

Pappadums to serve

For the Cauliflower Rice:

20gm of butter

2 tbs of oil

1 small cauliflower, hard stems removed and discarded and roughly chopped (you could use the stalks in soup)

1 tsp of mustard seeds

1/4 tsp of ground cloves

1/2 tsp of ground cardamom

1/4 tsp of cinnamon

1/2 tsp of turmeric

1/3 cup of chicken stock

Sea salt and pepper

To prepare the Kofta, place all of the ingredients in a large bowl. I find it easier to use my hands to combine as you can really get stuck in. Roll the mince mixture into bite sized balls, place on a plate and pop in the fridge for 10-15 minutes while you make the sauce.

Heat a large frypan and add the butter and oil. Lightly fry the onion until soft and then add the garlic, ginger, curry leaves and chilli. Fry for a further minute or so and then add the dry spices. Continue lightly frying until aromatic and then pour in the tomatoes, lemon juice and sugar. Season with salt and pepper and stir to combine. Bring the mixture to the boil, reduce to a simmer and then add the lamb kofta. Stir gently to coat the kofta with the sauce, pop a lid on and simmer for 25-30 minutes or until the Kofta are cooked through. Have a taste of the sauce and adjust any seasoning if necessary.

While the kofta are cooking prepare your cauliflower rice. Place the cauliflower pieces in a food processor and pulse until the cauliflower resembles cous cous. Heat a frypan and add a little oil. Fry the mustard seeds, cardamom, cloves, turmeric and cinnamon and then add the cauliflower. Stir well to combine over a high heat and pour in the stock. Stir fry for approximately 3-4 minutes until the stock has evaporated and the cauliflower is just cooked.

To serve, divide the cauliflower rice between four serving plates or bowls and top with the kofta curry. Spoon over a generous dollop of greek yoghurt and place a few fried curry leaves on top. Serve with pappadums.

* I always find I am left with curry leaves so rather than throw them out I fry them in a small pan with a couple of tablespoons of oil. They go really crispy and give a delicious pop of flavour!

