

The Nowt Poncy® Low and Slow Lamb Curry.

This curry is probably our absolute fave because it's soooooo tasty and really, REALLY easy to prepare.

If you have a slow cooker – brilliant, but don't panic if you don't. You just need a non-stick saucepan with a lid and the lowest setting on your cooker and something to do for those long hours whilst the magic is being performed. We LOVE hogget or mutton for this recipe because it's an older animal and therefore tastier, but it really does need longer to develop the flavours and tenderness.

What's in it?:

1 x 350g jar of Nowt Poncy® Curry Sauce
450g of cubed lamb or mutton
1 x packet of microwave Basmati Rice
2 x Naan Breads of your choice or chapatti's if you prefer

(serves 2)



'Ow It's Done

1. Place the lamb or mutton into your slow cooker.
2. Add the jar of Nowt Poncy® Curry Sauce and mix well.
3. Cover and cook for 4 hours on HIGH or 8 hours on MEDIUM until the meat is tender and cooked throughout (keep covered during cooking). Cooking times may vary depending on your cooker model.
4. Shove rice into the microwave and cook as per packet instructions.
5. Plate up and add some homemade raita and some mango chutney. (see below for instructions for the raita)

6. Get stuck in.....

If you don't have a slow cooker simply place the lamb or mutton into a non-stick saucepan, add the Nowt Poncy® Curry Sauce, cover with a lid and place in an oven set on the lowest setting!

Homemade Raita.

For a quick and simple raita simply mix some natural yoghurt with some shop bought mint sauce to taste.

Use as a side dish to help cool the curry if you find it a little hot or simply add some cream or coconut milk. A banana sliced on top adds another dimension of flavour too!