



## Lamb rendang with coconut rice

### Ingredients: (Serves 4)

For the spice paste:

- 8 dried red chillies
- 4 shallots, roughly chopped
- 4 garlic cloves
- thumb-sized piece of ginger, roughly chopped
- 1 lemongrass stalk, white part only, roughly chopped
- 1 tablespoon olive oil

For the curry:

- 2 tablespoons olive oil
- 1 cinnamon quill
- 2 star anise
- 4 cloves
- 4 cardamom pods
- 700g lamb shoulder, cut into 4cm cubes
- 250mL coconut milk
- 1 tablespoon tamarind paste
- 1 tablespoon brown sugar
- 4 kaffir lime leaves, bruised
- ¼ cup desiccated coconut
- 2 tablespoons fish sauce
- 2 bunches bok choy, halved and steamed to serve

For the rice:

- 1½ cups basmati rice
- 150mL coconut milk

### Method:

1. To rehydrate the chillies, place in a small bowl and cover with boiling water. Once softened, transfer chillies to a small food processor and add the remaining spice paste ingredients. Blitz until smooth.
2. Heat oil in a large heavy-based pot over medium-high heat. Add spice paste, cinnamon, star anise, cloves and cardamom and cook for 2-3 minutes or until mixture dries out and becomes darker in colour. Add lamb and cook, stirring occasionally, for 2-3 minutes or until meat is browned to deglaze the pan, pour in coconut cream and 250mL water. Stir through tamarind paste, brown sugar, kaffir lime leaves and desiccated coconut. Bring curry to the boil.
3. Reduce heat to low, cover pot with a lid and simmer for 1-1½ hours or until meat is really tender and the sauce has dried up. Stir through fish sauce for seasoning.

### Equipment:

- Non-slip mat
- Chopping board
- Sharp knife
- Small food processor
- Large heavy-based pot
- Medium saucepan
- Mixing bowls
- Wooden spoon

4. Meanwhile, make the coconut rice. Combine rice, coconut cream and 175mL water in a medium saucepan. Bring to the boil over high heat. Reduce heat to low, cover with a lid and simmer for 10 minutes. Remove pan from heat and allow to stand, still covered, for a further 10 minutes.
5. Divide coconut rice and bok choy between serving bowls, then spoon over curry.

**Nutrition Information:** (Per serve)

Energy:	3539kJ (915cal)	Protein:	42.5g	Total Fat:	50.2g
Saturated Fat:	24.5g	Carbohydrate:	52.5g	Sugars:	10.5g
Fibre:	8.9g	Sodium:	1229mg		

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