



# Curried lamb potjie with onion flatbreads

Replace the sambals and flatbread with chutney and braai broodjies if you like.

More than 2 hours    **Serves:** 8

**Recipe Type:** Mains

**Main Ingredient:** Lamb

## Ingredients

### Flatbreads

- 500 grams PnP self-raising flour .....
- 8 ml coarse black pepper .....
- 500 ml low-fat yoghurt .....
- 2 PnP red onions, thinly sliced .....

### Sambals

- 3 PnP onions, diced .....
- 1 half PnP cucumber, deseeded and chopped .....
- 1 PnP red onion, diced .....
- 1 lemon, or lime .....

### Main Ingredients

- 1 dash PnP olive oil .....
- 2 PnP onions, sliced .....
- 4 PnP garlic cloves, chopped .....
- 1.5 kilograms PnP country-reared lamb knuckles .....
- 50 grams PnP Durban curry spice kit .....
- 45 ml PnP curry powder .....
- 400 grams PnP chopped tomatoes .....
- 400 ml coconut milk .....
- 1.5 litres PnP beef stock, or lamb stock .....
- 2 dashes PnP salt, or to taste .....
- 1 kilogram PnP potjie mix, and mixed vegetables .....
- 30 ml PnP chopped coriander, .....

## Method

- Heat a glug of oil in a potjie over medium-hot coals.
- Cook onions, garlic and ginger.
- Remove and set aside.
- Add more oil to pot if needed and brown meat all over.
- Return onion mixture to pot and stir through curry spice mix and curry powder.
- Add tomatoes, coconut milk and stock, cover and simmer (adding more liquid if necessary) for 2-3 hours or until meat is tender.
- Season.
- Add vegetables, cover and cook for 30 minutes.
- Scatter with 2/3 of coriander.

### Flatbreads

- Mix flour, salt and 3/4 of yoghurt together to form a soft dough.
- Divide dough into 8 balls and roll into 5mm thick oblongs.
- Press a few slices of onion into each flatbread.
- Sprinkle lightly with 'rice spice' from curry kit.
- Dry-fry in a hot pan until cooked and slightly charred or cook over medium-hot coals.
- Mix sambal ingredients with remaining coriander and a squeeze of lemon or lime.
- Serve curry with flatbreads, sambals and remaining yoghurt.

### Good ideas

- Use stewing lamb or beef instead of knuckles.
- Add chopped vegetables like butternut, baby marrows, carrots and sweet potatoes instead of potjie mix.

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chopped

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