Curried Lamb and Vegetables

Ingredients

1.5 lb boneless leg of lamb

2 T minced ginger

2 T minced garlic

2 T cooking sherry

1 T tamari

½ T corn starch

S+P as needed

¼ C water

1 T curry powder

1 large eggplant, medium dice

2 yellow squash, medium dice

3 carrots, thinly sliced

1 C greek yogurt

1 bunch minced cilantro

1 C brown rice

2.5 C water for rice

Procedure

1. Start cooking rice as normal
2. Cut lamb into bite-sized pieces
3. In a bowl, combine the lamb, ginger, garlic, 1 T sherry, tamari, cornstarch and some salt, stirring until cornstarch is dissolved.
4. Heat a skillet to medium-high, add oil, heat until shimmering, then add the lamb to the pan and let it sear
5. Sprinkle on curry powder, and cook until the lamb is medium rare
6. Move lamb back to the bowl and add the vegetables to the saute pan with some salt. After 30 seconds to a minute add in the stock and 1 T sherry. Cover with a lid and allow the vegetables to cook to al dente
7. Move everything from the pan to the bowl with the lamb WITH THE CILANTRO. Stir to combine. When the rice is done, combine everything and check seasoning. Portion out and serve.