Thai Lamb Curry and Vegetables

Ingredients

1.5 lb boneless leg of lamb, cut into bite-sized pieces

2 T red curry paste

2 small yellow onions, thinly sliced

2 red bell peppers, thinly sliced

3 carrots, small dice

one can coconut milk

1 C water/chicken stock if necessary

1 T tamari

1 C brown rice

2.5 C water for rice

Procedure

1) Start cooking the brown rice as normal

2) Heat olive oil in a pot to medium, and add the curry paste, stirring for about 2 minutes

3) Add the carrots, onions and bell peppers, cooking for a few minutes

4) Add the coconut milk, tamari, water and bring to a simmer. Let the vegetables simmer for 5-6 minutes

5) Add the lamb, cover and simmer until the lamb is cooked to medium-rare. Let rest until the rice is cooked

6) Check seasoning and portion out