

Malaysian Lamb Stew



INGREDIENTS

- 1 Tbsp coconut oil
- 1 pound Lamb or beef cut into cubes
- 1 small onion chopped
- 2 cups potato cut into cubes
- 1 pound radish cut in halves
- 2 large carrots chopped
- 2 red bell peppers chopped
- 2 cups chicken broth
- 2 tsp crushed garlic
- 2 tsp crushed ginger
- ½ tsp Himalayan salt
- 1 tsp turmeric powder
- ½ tsp ground cumin powder
- ½ tsp ground coriander powder
- 1 can (400 ml) coconut milk
- Juice from 1 lime

PROCESS

Melt coconut oil on medium heat and add onion, ginger and garlic. Sauté until onions are translucent and soft.

Add lamb or beef and cook for 10 minutes until meat is brown, but not cooked. Then add all the vegetables, spices and broth and simmer for 30 -35 minutes until meat and potatoes are fully cooked (add a cup of water if necessary).

Add coconut milk and simmer for another 10 -15 minutes.

Add lime juice and serve.