

Coconut Curry Lamb Bake

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Ingredients:

- 1 lb ground lamb
- 1 large onion, diced
- 1-2 cloves garlic, minced
- 1/2 rutabaga, peeled and cubed
- 1 sweet potato, peeled and cubed
- 2 cups cauliflower, cut into florets
- 1 tbsp coconut oil
- 1/2 can premium coconut milk
- 1/4 cup currants or raisins
- 3 tbsp curry (separated)
- 2 tbsp shredded coconut flakes

Preparation:

1. Preheat oven to 350 degrees.
2. Saute garlic and onions in coconut oil on medium heat, approximately 3 minutes.
3. Add lamb and continue sauteing until browned. Add 1 tsp of curry.
4. In a casserole dish, combine coconut milk, currants, and remaining curry powder. Stir until mixed.
5. Add vegetables to the coconut curry mix and stir until coated.
6. Add lamb and onions to casserole dish. Stir. Sprinkle coconut flakes on top.
7. Cover with foil and bake for 45-60 minutes, until veggies are soft.

Variations: Use any other ground meat (turkey, beef, chicken, pork); other vegetable options include parsnip, turnip or carrots. Makes between 4-6 servings.