

Lamb and Vegetable Curry with Steamed Brown Rice

1 cup brown rice
2 tsp sesame oil
1 medium onion, sliced
1 medium bell pepper in strips
2 cloves garlic, pressed
1 Tbsp grated fresh ginger
1 tsp curry pate (or more to taste)
1 pound boneless lamb loin in 1" strips
1 cup organic vegetable broth
1 cup lite coconut milk
1 Tbsp wheat-free tamari or soy sauce
2 cups cauliflower florets
4 cups spinach, rinsed and well drained
1 Tbsp freshly squeezed lime juice
¼ c chopped cilantro

Prepare brown rice – when it has been cooking for 25 minutes, heat the oil in a large skillet over medium-high heat. Add the onion and pepper and cook until they begin to soften. Add garlic, ginger and curry paste and mix well. Add the lamb and cook, stirring often for approx. 3 mins. Stir in broth and coconut milk and tamari and bring to a simmer. Add the cauliflower and reduce heat to medium-low, stirring occasionally, until lamb is cooked through and cauliflower is tender, about 10 minutes. Toss in the spinach and lime juice, and cook just until the spinach is wilted. Serve immediately over the steamed brown rice and top with chopped cilantro.

From: Mark Hyman MD
