



**VEGETARIAN
EXPRESS**



[MOCK] Lamb Massaman Curry, Cucumber Relish, Toasted Roti

Ingredients

- 250g MOCK lamb
- 30g coconut oil
- 5g ground cumin
- 5g ground coriander
- 30g Thai red curry paste
- 800ml canned coconut milk
- 2g ground cinnamon
- 40g creamy WOWbutter
- 10g Kikkoman tamari soy sauce
- 10g coconut sugar
- 20g lime juice
- 5g Santa Maria quick NY pickling spice mix
- 2g nigella seeds
- 4 roti paratha 6" flatbreads
- half a cucumber
- 200g baby plum tomatoes
- 100g shallots, peeled

Ground cumin may contain traces of Tree Nuts & Mustard

Coconut sugar may contain traces of Tree Nuts, Peanuts, Milk & Sesame

Nigella seeds may contain traces of Tree Nuts & Mustard

MOCK lamb may contain traces of Peanuts & Sesame

Method | SERVES 4

- Slice shallots and fry on a low heat with half the coconut oil until cooked.
- Add the cumin, coriander, curry paste and cinnamon and fry for 2 minutes.
- In a separate pan heat the remaining coconut oil and pan fry the MOCK lamb until crisp around the edges and coloured.
- When MOCK lamb is cooked add tamari sauce and toss to mix before adding the shallot mix.
- Add coconut milk and 400 ml water and bring to the boil, then reduce to a simmer.
- Add coconut sugar and lime juice to season before adding the tomatoes and WOWbutter.
- Slice the cucumber in half length-ways and remove the seeds with a teaspoon. Finely slice into crescents.
- Sprinkle over the pickling spice and nigella seeds and place in a bag or vacuum sealer to quick pickle.
- Cook the roti from frozen in an oiled frying pan until browned on both sides
- Serve as shown.

Typical Nutritional Values

	per 100g	serving 533g
Energy	765kJ 184Kcal	4075kJ 981kcal
Fat	14.0g	74.6g
of which Saturated	10.0g	53.3g
Carbohydrate	10.0g	53.3g
of which Sugars	4.3g	22.9g
Fibre	1.4g	7.5g
Protein	4.5g	24.0g
Salt	0.54g	2.9g

Suitable for: Vegan

Allergens: Cereal Gluten, Soya, Sulphur Dioxide / Sulphites

Impact | PER SERVING

Plant based dishes use fewer natural resources in their creation than those made with meat, fish or animal derivatives. Here's the comparative impact of this dish if it was made using lamb

CO₂ saving (g)	Land use saving (m²)	Water use saving (L)
1500	8	743

Please note that whilst every care has been taken to ensure the information contained in these recipes is correct, products are often reformulated by manufacturers. This may affect the nutrition and allergy information; therefore you should always check product labels and not rely solely on the information presented here. In addition, when preparing food for special diets, care must be taken to ensure there is no cross contamination from other foods. Separate cooking vessels and utensils must be used.