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The Beyond Burger Lamb Curry

Serves 4

This is based on my lamb curry I used to make a long time ago. It's got some heat and is very flavourful – I find the Beyond Burgers to have a very good texture for this dish and also they have a slight lamb-like flavour, which lends itself perfectly to this dish. For those transitioning vegans, hardcore carnivores or anybody else who might just be missing that deep rich 'meaty' taste – here it is, full of flavour and devoid of cruelty. Get ready for some awesome heat !



INGREDIENTS

 **Print**

2 Beyond Meat burgers, pre-cooked, cut into 1 inch squares, and set aside to cool

2 large potatoes, cut and boiled, and set aside

2 cups frozen peas

½ cup water

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6 cardamom pod seeds

1 large yellow onion, roughly chopped

2 inches fresh ginger, peeled

2 tomatoes, roughly chopped

4 cloves garlic

1 tsp ground coriander

½ tsp cumin seeds

1/8 tsp ground clove

a pinch of nutmeg

1 Tbsp tomato puree

1 tsp chilli powder (less if it's too hot for you)

2 cinnamon sticks

1 tsp Ajwain seed

¼ tsp ground turmeric

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¼ tsp ground asafoetida

2 Tbsp vegetable oil

salt to taste

a dash of agave nectar

a handful fresh coriander/cilantro, finely chopped, for garnishing

METHOD

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- 1** Process your onions, garlic, and ginger in a food processor, until they become small, then add the tomatoes and process for another 20 seconds – at this point it will be a little on the liquid side.
- 2** Heat your oil up and sauté all your spices (not your fresh coriander) – stir until they release their aromas, for 2 to 3 minutes.
- 3** Next, add the onion mix, stirring almost all the time for a minute or so, then after 5 to 10 minutes, add the tomato puree and stir again. Leave this mixture to simmer for 15 minutes or so, until the liquid is reduced.
- 4** Now add the peas, stir for 5 minutes, and then add your cooked potatoes, and some water and salt. Lower the heat and cook for 10 minutes, then add the Beyond Burger pieces and the rest of the ingredients, except for the garnish, and simmer on a low heat for 15 minutes. You will be left with a nice rich sauce, a little on the thick side, but just let your tastebuds and eyes be your guide.
- 5** Serve over hot rice with some poppadoms and your garnish.

If you like this recipe, after you've made it could you please scroll down to the comments box below and let me know how you got on. Thanks !

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6 COMMENTS

My Hearty Mediterranean
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 Susan Swayze

November 28, 2019 at 4:11 pm

Hi, haven't tried this recipe yet but by the ingredients it sounds delicious. Although a couple things I never heard of; have to check & see if they are available in the states. 😊
I'm posting just to tell you I am happy you are acquainted with Beyond Meat Burger. I've had it and love it. Unfortunately I can't get it here (USA) very often because it is pricey for me. But I love it!!



Miriam

November 30, 2019 at 6:02 pm

Hi there Susan and thanks for dropping by here. Let me just say that The Beyond Burgers are not the cheapest, this is true, but they're very good quality and one can use them sparingly. A curry like this or their burgers can be had once a month as a treat – 2 burgers in this dish went a very long way as the dish is both rich and very tasty. I very much look forward to your future comments on my blog !



Maria

December 2, 2019 at 1:37 am

We had this for dinner and it was one of my best vegan dishes!



Miriam

December 2, 2019 at 12:31 pm

Hi Maria and welcome here. Thanks for your feedback on this curry, so glad you made and enjoyed it. If you love curries as we do, then go ahead and try some of my other curry specialities !

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**Natalie***December 18, 2019 at 12:47 pm*

Hi Miriam, thanks for sharing this recipe, we really enjoyed it. Very tasty!

**Miriam***December 25, 2019 at 8:04 pm*

Hi Natalie, so glad you enjoyed the curry, and hope you enjoy many more. I look forward to your future comments on my blog !
