



ONE-POT CURRY: ROGAN JOSH

PREP TIME: 20 MIN* • COOK TIME: 25 MIN • YIELDS: 4 SERVINGS

INGREDIENTS

- 1 pound lamb stew meat or leg of lamb cut into cubes
- 1-2 cups water

For the marinade:

- 1-2 tsp kosher salt
- 1/4 cup whole milk or traditional Greek yogurt

For the seasoning & veggies:

- 1 Tbsp tomato paste
- 2 tsp garam masala (or 1 tsp cumin and 1 tsp pumpkin pie spice)
- 1 tsp smoked paprika or dry chipotle powder
- 1 tsp turmeric
- 1/2 tsp ground cinnamon
- Up to 1 tsp cayenne pepper (adjust to taste)
- 1 red onion, chopped
- 4 cloves garlic, minced
- 2 tsp fresh ginger, minced/grated

For the garnish:

- 1/4 cup cilantro, chopped

You'll need a pressure cooker (e.g., Instant Pot) for the recipe as written, but you can use a slow cooker instead with some adjustments. If using a slow cooker, refrigerate overnight after step #1 (see below), add an additional 1 cup water in step #4 (see below) and cook on high for 5 to 8 hours with the lid fitted securely.

DIRECTIONS

- Mix meat and marinade ingredients in a pressure cooker insert (typically included with cooker). Cover and refrigerate for about 6 hours. This can be refrigerated in the morning prior to cooking.
*The refrigeration step will add to your overall prep, so plan accordingly.
- Combine seasonings and veggie ingredients; mix these thoroughly into marinated meat.
- Place insert into cooker. Stir in 1 cup water.
- Cook for 15 minutes at high pressure, release pressure naturally for 10 minutes and then release all remaining pressure manually.

Garnish with chopped cilantro and serve with soft naan bread or steamed brown rice.

TIPS AND TOOLS:

- You can make this dairy-free by substituting the milk or Greek yogurt in the marinade with 2 Tbsp lemon juice and 1/4 cup water.
- Some ingredients may be available to purchase pre-cut, if you want to reduce prep time.
- Feel free to replace the lamb with another meat or more veggies, but check your pressure/slow cooker manual for appropriate cook times.

Please consult your healthcare team for which recipes are best for your dietary needs, whether any modifications would be appropriate, and consider any allergies or dietary restrictions before making these recipes.