

Lamb Masala

Serves: 8

Prep time: 20 minutes

Cook time: 2 hours



2 serves per portion

Ingredients

1 teaspoon olive oil
2 brown onions, thinly sliced
2 cloves garlic, crushed
3cm piece ginger, finely grated
600g lamb leg steaks, trimmed of fat, cut into 2.5cm pieces
4 cardamom pods, crushed with back of knife
3 whole cloves
1 cinnamon stick, broken in half
2 teaspoons ground paprika
2 teaspoons ground cumin
1 long green chilli, halved lengthways
1 vegetable stock cube
250ml boiling water
2 bunches broccolini
Brown rice to serve

Method

PREHEAT oven to 150° C.

HEAT oil in a large oven proof dish on the stove top Add onion then reduce heat to medium-low and cook for 10-12 minutes until onion is very soft.

ADD garlic, ginger and lamb. Increase to high heat and cook, stirring, until lamb changes colour.

ADD cardamom, cloves, cinnamon, paprika, cumin and chilli.

COOK for 1 minute stirring constantly. Add stock cube and water to the pan and bring to a simmer. Cover then transfer to the oven.

BAKE for 2 hours, stirring once, until lamb is tender and the sauce has thickened.

STEAM broccolini over a pot of boiling water until tender.

SERVE the curry with steamed broccolini and brown rice.



Everyday Food

Recipe courtesy of Meredith Heard, Hermitage-Uangan Branch