

INDIAN LAMB CURRY BUNNY CHOW



Serving: 4

Cooking Time: 30 min

Prep Time: 10 min

INGREDIENTS

- 4 garlic cloves, crushed

- 1 knob of ginger, grated
- 60ml (¼ cup) canola oil
- 1 onion, finely chopped
- 3 fresh bay leaves
- 2 cinnamon stick
- 10ml (2 tsp) ground turmeric
- 45ml (3 tbsp) garam masala
- 2 tomatoes, roughly chopped
- 800g boneless mutton, cubed
- Salt, to taste
- 4 potatoes, halved
- 500ml (2 cups) water
- 30ml (2 tbsp) fresh coriander, leaves only
- 1 loaf white government bread, sliced into four

INSTRUCTIONS

1. Make a paste with the garlic, ginger and set aside.
2. In a large heavy-bottomed pot, heat the oil over medium heat. Sauté the onions, bay leaves, cinnamon and turmeric. Cook continuously stirring, until the onions are translucent, for about 5 minutes.
3. Stir in the garam masala and garlic paste and continue to cook until fragrant, for about 5 more minutes.
4. Add the tomatoes and bring to a simmer, cook for 3 minutes. Add the mutton and season.
5. Simmer stirring occasionally for about 10 minutes. Add the potatoes and water and bring to a boil. Reduce and simmer uncovered until the mutton is tender and the potatoes are soft, about 30 minutes
6. Remove most of the crumb from the center of each quarter making sure you

reserve some crumb as the base. Place the bread on serving dishes and spoon with the curry mixture, garnish with extra coriander and serve with the discarded pieces.