

CHUNKY POTATOES & ALOO LAMB CURRY



Serving: 2

Cooking Time: 1 hour 10 minutes

Prep Time: 10 minutes

INGREDIENTS

- 1 small onion, chopped

- 2 garlic cloves, finely chopped
- 10ml (2 tsp) ground ginger
- 10ml (2 tsp) coriander seeds
- 10ml (2 tsp) cumin seeds
- 10ml (2 tsp) turmeric
- 10ml (2 tsp) garam masala
- 800g lamb on the bone
- 1 x 400g tin whole peel tomatoes
- 1 red chilli, seeded and chopped
- 1 bay leaf
- 450g potatoes, cut into chunks

INSTRUCTIONS

1. Sauté the onion and garlic in a little oil for a few seconds, then add the spices and seeds and continue to sauté for a few more seconds.
2. Add the lamb and mix to combine, add the tomatoes, chilli and bay leaf as well as 125ml (½ cup) water and mix well. Simmer covered for (+/- 1 hour).
3. Mix in the potatoes and cook for a further hour occasionally stirring to make sure that the meat does not stick to the bottom. Add more water only if it is necessary. We love serving the curry with roti, paratha or naan.