

## Lamb Curry

REF:

**Serves 4**

**Cuisine: Indian**

Preparation Time: 5 Minutes

Cooking Time: 40 Minutes

### **Ingredients:**

1kg Lamb leg, diced  
½ Onions, peeled and quartered.  
4 cloves Garlic, peeled and chopped  
1 Cinnamon stick  
1 tbsp Ground coriander  
1 tsp Ground cumin  
½ tsp Fennel seeds  
400g Chopped tomatoes  
250 ml Lamb stock  
2 tbsp Rapeseed oil  
Red or green chillies, sliced, no seeds (add to suit taste)  
1 Bunch coriander, stalks finely chopped, leaves roughly chopped

### **Method:**

1. Add the oil to a large pan and heat it up.
2. Sear the lamb and brown it all over then remove from the pan and reserve in a bowl.
3. Add a little more oil if needed and add the onions and fry off until they start to tinge around the edges but not breaking up.
4. Add the garlic and the spices and stir well until the aromas are released.
5. Put the chopped tomatoes in and add the chillies and mix well.
6. Return the lamb to the pan along with any juices it may have released.
7. Add the lamb stock and stir well.
7. Bring to the boil then turn the heat down and simmer until the lamb is tender, around 20 minutes.

### **To Serve:**

Scatter with the reserved coriander leaves and serve immediately.

### **Chef's Notes:**