

INGREDIENTS:

- 1 Kilo of diced lamb shoulder
- 1.2kg chopped tomatoes
- 1 tin coconut milk
- 1 large onion
- 1 large garlic clove, chopped
- 1 heaped tablespoon garam masala
- 1 tablespoon olive oil
- Sea salt
- 1 red pepper
- Juice of half a lemon

TIME: 1 Hour

SERVING: 4-6 people



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Chop the onion and fry briskly in the olive oil until starting to colour. Add the lightly-salted lamb and brown slightly on all sides then add the garlic and the garam masala, mixing well to coat the meat. Fry for a further minute or two to develop the flavour then add the garlic, tomatoes and the diced pepper. Cook, half-covered over a medium heat for 25 minutes until well reduced, add the coconut milk and lemon juice, cook for a further four minutes, check the seasoning and serve.

Enjoy! Malcolm & Julie Pyne

YOUR NOTES: