

## Baked Minced Lamb with Egg Recipe

**Ingredients:** Serves 4

4 tablespoons sunflower or vegetable oil  
1 large onion, chopped  
2.5cm piece root ginger, roughly chopped  
4 large garlic cloves, roughly chopped  
50g whole milk plain yoghurt  
½ teaspoon cumin seeds  
5cm piece of cinnamon stick  
4 green cardamom pods, bruised  
4 cloves  
1 teaspoon ground coriander  
½ teaspoon ground cumin  
½-1 teaspoon chili powder  
450g lean minced lamb  
1 tablespoon tomato puree  
3 tablespoons single cream  
1 teaspoon salt or to taste  
½ teaspoon garam masala  
1 tablespoon chopped fresh mint leaves  
2 tablespoons chopped fresh coriander leaves  
6 medium eggs  
chili powder or paprika, to sprinkle

**Method:**

Heat half the oil over a medium heat and add the onion, ginger and garlic. Fry until the onion begins to brown (6-7 minutes), stirring frequently. Remove the onions with a slotted spoon, combine with the yoghurt and blend to form a puree. Add the remaining oil to the pan and heat over a low heat. Add the cumin, cinnamon, cardamom and cloves. Let them sizzle for 20-30 seconds and take the pan off the heat. Next, add the coriander, cumin and chili powder. Stir and return the pan to the heat, add the mince and increase the heat to medium-high. Fry the mince until it is lightly browned and completely dry. Pour in 200ml warm water and bring it to the boil. Cover and simmer, for 15 minutes. Add the tomato puree, cream, salt and the pureed ingredients. Simmer, uncovered, for 5-6 minutes. Stir in the garam masala. Reserve a little of the mint and coriander and stir the remainder into the mince. Remove from the heat. Preheat the oven to 200°C. Transfer the mince to a shallow ovenproof dish. Using the back of a metal spoon, make 6 depressions on the mince. Break an egg into each depression and cover with a piece of greased foil. Bake in the center of the oven for 20-25 minutes or a little longer if you prefer the yolks hard. Remove from the oven, sprinkle the reserved mint and coriander leaves over the mince and sprinkle chili or paprika over each egg. Serve.