

Spicy Lamb Recipe

Ingredients: Serves 4

1 tablespoon vegetable oil
4 cardamom pods
1 cinnamon stick
4 whole cloves
1 onion, finely chopped
375g ground (minced) lamb
2 teaspoons garam masala
1 teaspoon chili powder
4 cloves garlic, finely chopped
3 teaspoons peeled and grated fresh ginger
1 teaspoon sea salt
185g potatoes, peeled and cut into 1-inch cubes
390g canned chopped tomatoes
½ cup (125ml) hot water
2 tablespoons chopped fresh cilantro (fresh coriander)
2 tablespoons chopped fresh mint

Method:

In a wok or large skillet, heat oil over medium heat and stir-fry cardamom pods, cinnamon stick and cloves until fragrant, about 1 minute. Add onion and stir-fry until onion is soft, about 2 minutes. Stir in lamb, garam masala, chili powder, garlic, ginger and salt. Stir-fry until lamb changes color, 4-5 minutes. Add potatoes, tomatoes and their juice and hot water. Reduce heat to low, cover and simmer until potatoes are tender, about 8 minutes. Remove from heat and stir in cilantro and mint. Spoon into serving plates. Serve hot with naan bread or steamed basmati rice.

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