

WINTER VEG SHAB DEG



GOES GREAT WITH...

Naans (p159)
and chilli garlic
chutney (p198)
from How to Be a
Curry Legend

ALSO WORKS A TREAT WITH...

- Diced beef and beef mince

RAISE YOUR GAME BY...

Using mutton on the bone in
place of diced lamb

EXTRAS
#67



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WINTER VEG SHAB DEG

Shab Deg is a simple stew from Kashmir, northern India, in which lamb kofta (meatballs) are baked in a thick sauce with diced lamb and winter veg. It's a great way to use up any root veg, which combines with the richness of the yogurt and the mild flavours of the spices to make a really delicious and satisfying meal!

Prep
25 mins

Cook
1 hr 30
mins

Heat


Serves
4

400g **diced lamb** or use **mushrooms** (any type) cut into bite-size pieces for a veg version
250g **lamb mince** or use **veggie meatballs** for a veg version
500g **mixture of winter root veg** (e.g. turnips, carrots, potatoes etc) - peeled and cut into large bite-size pieces
1 large **onion** - cut into thin wedges
2 **cloves of garlic** - finely chopped
10g **bunch of coriander** - leaves picked
2 tbsp **tomato puree**
150g **natural yogurt** (full fat is best)
2 tbsp **plain flour**

1 ½ tsp



HALDI BLEND

2 tsp



METHI BLEND

1 tsp



MIRCHI BLEND



Preheat the oven to 175°C/gas mark 4



Mix the diced lamb with 100g yogurt, the garlic, 1 tbsp flour, 1 tsp **HALDI BLEND**, 1 tsp **METHI BLEND**, 1 tsp **MIRCHI BLEND** and 1 tsp salt



Mix the diced lamb (including all the marinade) with the root veg, onion, tomato puree and 200ml water in an ovenproof dish. Cover and bake for 1 hour or until the onions are melting and soft and the root veg is tender



Mix the lamb mince (skip this step if using veggie meatballs) with the remaining 1 tbsp flour, ½ tsp **HALDI BLEND**, 1 tsp **METHI BLEND** and ¼ tsp salt then roll into 8 round kofta (meatballs)



Place the kofta on top of the stew and bake uncovered for 20 minutes or until the lamb is tender and the kofta are cooked through and beginning to brown on top (adding an extra splash of water if necessary to make a thick sauce)



Spoon the remaining 50g yogurt on top and sprinkle over the coriander to serve