


LAMB LABABDAR CURRY

This curry hails from the Punjab region of India and is a popular dish at the roadside restaurants known as dhabas. It's rich, creamy and indulgent, and the perfect curry to celebrate new season spring lamb.

Prep 15 mins	Cook 2 hrs
Heat 	Serves 4 with sides

500g **diced lamb**

1 **small onion** - finely chopped

2 **cloves of garlic** - finely chopped

Fresh ginger - finely chopped to make 1 tbsp

75g **natural yogurt** (full fat is best)

50ml **cream** (any type is fine)

2 tbsp **tomato puree**

4 tsp



HALDI BLEND

1 tsp



MIRCHI BLEND

2 tsp



METHI BLEND

1 Mix the lamb with the yogurt, 3 tsp **HALDI BLEND**, 1 tsp **MIRCHI BLEND**, 1 tsp **METHI BLEND** and ½ tsp salt

2 Fry the onion in 1 tbsp oil for 10 minutes or until soft and translucent

3 Add the garlic, ginger, 1 tsp **METHI BLEND** and 1 tsp **HALDI BLEND** then cook for 1 minute or until the garlic and ginger are soft

4 Stir in the lamb (including all the marinade) and tomato puree then cook for 10 minutes or until the lamb is beginning to cook around the edges

5 Stir in 200ml water and ½ tsp salt then cover and simmer for 1 ½ hours or until the lamb is tender and the sauce is rich and thick (stirring occasionally and adding a splash of water if the pan dries out before the lamb is tender)

6 Stir in the cream to serve

LAMB LABABDAR CURRY



GOES GREAT WITH...

Plain rice (p150),
Bombay potatoes
(p123), seasonal
veg subji (p140) and
chilli garlic chutney
(p198)

EXTRAS
#23

ALSO WORKS A TREAT WITH...

Whole chicken legs - cook for
about 30 minutes less

RAISE YOUR GAME BY...

Marinating the lamb overnight



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