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	Cook
15 mins	2 hrs
Heat	Serves
((000	4 with sides

500g diced lamb
1 small onion - finely chopped
2 cloves of garlic - finely chopped
Exact cineral finely chapped

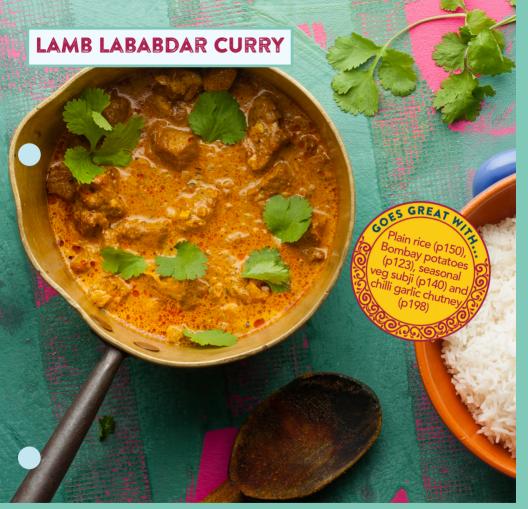
Fresh ginger - finely chopped to make 1 tbsp

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

50ml **cream** (any type is fine) 2 tbsp **tomato puree**



- Mix the lamb with the yogurt, 3 tsp <u>HALDI BLEND</u>, 1 tsp <u>MIRCHI BLEND</u>, 1 tsp <u>METHI BLEND</u> and ½ tsp salt
- Fry the onion in 1 tbsp oil for 10 minutes or until soft and translucent
- Add the garlic, ginger, 1 tsp <u>METHI</u>
 <u>BLEND</u> and 1 tsp <u>HALDI BLEND</u> then
 cook for 1 minute or until the garlic and
 ginger are soft
- 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 1½ 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



€^{XTR}45 #**23** ALSO WORKS A TREAT WITH...

Whole chicken legs - cook for about 30 minutes less

RAISE YOUR GAME BY...

Marinating the lamb overnight





