



Balti Lamb Curry

Lamb braised in a mild curry sauce and topped with yoghurt and coriander.

Serves 4

Preparation time: 10 minutes

Cooking time: 20 minutes

750g diced lamb forequarter or shoulder
1 tblsp canola oil
1 onion, chopped
283g can Balti cooking sauce
400g can tomatoes, with their juice
2 tblsp chopped coriander
1/2 cup plain yoghurt, optional

Method

1. Heat a little of the oil in a deep-sided pan on high and fry onion for 1-2 minutes. Remove and put aside.

2. Heat a little more oil on high. Brown lamb in small batches, removing each batch before adding the next. Return lamb and onion to pan.

3. Add sauce and tomatoes. Reduce heat to low, cover and simmer (cooking gently at a level where tiny bubbles rise to the surface) until fork tender, about 1 1/2 - 2 hours. Stir occasionally.

4. If consistency needs thickening, simmer with lid off until reduced (about 15-20 minutes).

5. Serve on steamed basmati rice, with a dollop of yoghurt, some fresh coriander leaves on top, and some crunchy green vegetables on the side.