

Lamb Keema

Serves 4

Preparation time: 20 minutes

Cooking time: Under 40 minutes

Ingredients:

450g/1lb lean lamb mince

10ml/2tsp sunflower or vegetable oil

1 large onion, peeled and finely chopped

2 garlic cloves, peeled and finely chopped or crushed

1 x 2.5cm/1inch piece fresh root ginger, peeled and finely chopped

1-2 green chillies, deseeded (if preferred) and finely chopped

10ml/2tsp ground cumin

45ml/3tbsp garam masala or medium curry powder

4 medium tomatoes, chopped

5-10ml/1-2tsp white sugar

30ml/2tbsp tomato purée

Salt and freshly milled black pepper

Large handful freshly chopped coriander

Method:

1. Heat the oil in a large non-stick frying pan and cook the onion and garlic over a low heat for 10 minutes or until soft and lightly golden.
2. Add the ginger, chillies, cumin and garam masala or curry powder. Cook over a moderate heat for 1-2 minutes, stirring occasionally.
3. Add the lamb and stir-fry for 2-3 minutes, then add the tomatoes, sugar, tomato purée and bring to the boil. Season, reduce the heat and cook uncovered for 20-25 minutes, stirring occasionally. Add a little water, if needed.
4. Garnish with the coriander and serve with flat or naan bread, plain basmati rice or poppadums and a selection of relishes.

Tip:

Any leftover lamb keema works well with the home made flatbread. Place a large spoonful of the keema over half the rolled flatbread, fold and press to seal the edges. Cook on a hot griddle pan for 1½-2 minutes on each side then serve.