

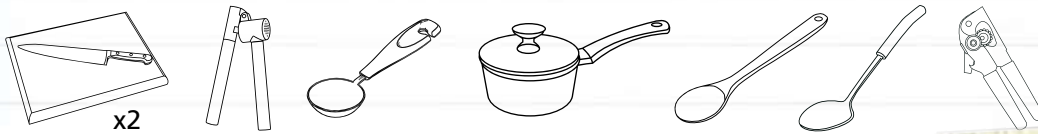
Lamb Rogan Josh



Ingredients

| | |
|------------------------------------------|----------------------------------------|
| 225g lean lamb leg steaks or neck fillet | 1 x 5ml spoon oil |
| 1 onion | 2 x 15ml spoons Rogan Josh curry paste |
| 2 tomatoes | 200g can chopped tomatoes |
| 1 clove garlic | 1 x 15ml spoon fresh coriander |

Equipment



Method

1. Slice the lamb.
2. On a clean chopping board with a fresh knife, slice the onion, cut the tomatoes and crush the garlic.
3. Heat the oil in a large pan and add the lamb. Cook for 3-4 minutes.
4. Add the Rogan Josh curry paste, sliced onion and garlic. Cook for a further 2-3 minutes.
5. Add the canned and fresh tomatoes and cook for further 2 minutes.
6. Chop the coriander.
7. Stir in the fresh coriander.
8. Serve.

Top Tips

- If you don't feel like rice, serve with naan bread and side salad.
- Replace the fresh tomatoes with thinly sliced courgettes, peppers or okra.
- Cook plenty and you can freeze some for a rainy - or busy - day!

Skills

- Handling raw meat
- Using the hob
- Using a knife

