

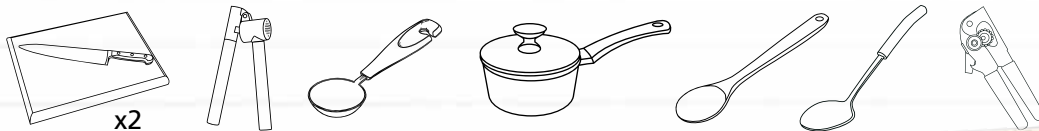
Lamb Rogan Josh



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

