

Lamb Korma

Calories: 231 kcal

Servings: 2

Time: 60 Mins

Ingredients

- 160.00 g Brown Onions (sliced finely)
- 0.50 tsp Chili Powder
- 1.50 tbsp Coriander (fresh)
- 1.00 g Cumin (seeds)
- 2.00 clove Garlic (crushed)
- 5.00 cm Ginger (piece, peeled and finely chopped)
- 60.00 g Green Beans (steamed, to serve)
- 240.00 g Lamb (lean, diced)
- 0.75 tsp Nutmeg (ground)
- 2.00 tbsp Olive Oil
- 1.00 tsp Paprika Powder
- 100.00 g Plain Jalna Yoghurt
- 1.00 pinch Salt
- 2.00 sachets Ultra Lite Chicken Sachet
- 0.33 cup Water (cold)

Instructions

1. Heat 1 tbsp of the oil in a large heavy-based saucepan over high heat. Add one quarter of the lamb, cook, turning occasionally for 1-2 minutes or until brown, transfer to a plate, repeat with remaining lamb in 3 more batches.
2. Let remaining oil in the same pan over medium-low heat. Add cumin, paprika, nutmeg and chilli and cook, stirring for 30 seconds or until fragrant. Stir in the water, onion, garlic and ginger. Bring to the boil, reduce heat to low and simmer, covered for 10 minutes or until onion softens.
3. Increase heat to medium-low, add lamb, stock, and half the yoghurt, and stir to combine. Reduce to very low, simmer partially covered, stirring occasionally, for 1 1/2 hours or until lamb is tender.
4. Remove from heat, add remaining yoghurt and stir until combined, season to taste with lite salt if desired, top with coriander.
5. Serve with beans on the side.