

Lamb Kofta

Spicy meatball curry

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Ingredients

Kofta

400g mince lamb
2 tbsp oil
1 tsp salt
1 tsp cumin seeds, crushed
1 tsp chilli powder
2 tsp garam masala

Masala Sauce

1 tbsp oil
1 large onion, finely chopped
2-3 cloves of garlic, finely chopped
2 tsp ginger, grated (3-4cm)
1 tsp salt
1 tsp turmeric
1 tsp dried fenugreek leaves
1 chilli, chopped
½ tsp chilli powder
200g or ½ tin of plum tomatoes
1 tsp garam masala
Handful fresh coriander, finely chopped

Method

- 01** In a large mixing bowl add the mince lamb, salt, cumin, chilli powder, garam masala, and mix using your hands to ensure the spices are evenly distributed.
- 02** Rub a little oil on to your hands to stop the mixture sticking to your hands.
- 03** Take a small amount of the meat and roll in your palms to make a meatball. Ensure it is smooth all over and set to one side.
- 04** Repeat with the rest of the mixture.
- 05** Heat the oil in a frying pan. Carefully fry the meatballs (kofta) in batches so they brown and crisp up all over.
- 06** Remove the kofta using a slotted spoon and set them on some kitchen paper to drain.
- 07** Heat the oil in a pan and stir in the onions and garlic and gently cook down until the onions turn a dark golden brown colour.
- 08** Reduce the heat and add the ginger and chopped chilli, stir and add the tomatoes, salt, turmeric, fenugreek and chilli powder.
- 09** Stir together and leave to cook gently so the onions and tomatoes melt together with the spices creating a wonderfully thick aromatic paste.
- 10** Add the kofta to the pan and coat with the sauce for a few minutes.
- 11** Add enough boiling water to get the consistency of sauce you want. Bring it all to the boil and turn the heat off.
- 12** Leave the kofta to absorb the juices from the sauce for 5-10 minutes.
- 13** Throw in the garam masala and coriander before serving.

Served with

Great with Naan bread!



More on this recipe

<http://www.harighotra.co.uk/lamb-kofta-recipe>

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