

Lamb Jalfrezi

Lamb with Peppers

Hari
GHOTRA



Ingredients

400-600g lamb shoulder, trimmed and chopped

Tomato Gravy

2 tbsp vegetable oil

4 chillies, chopped

1 tsp cumin seeds

4 garlic cloves, sliced

1 tsp salt

4 fresh tomatoes, chopped

½ tsp turmeric

Jalfrezi Fry

½ tsp salt

1 tbsp vegetable oil

1 onion, cut into chunks

1 red pepper, cut into chunks

1 green pepper, cut into chunks

1 tsp cumin seeds

1 tomato, chopped into chunks

2 chillies, chopped

1 tsp garam masala

Method

- 01** Heat oil in a pan, add the cumin seeds, chilli and garlic and fry until lightly browned.
- 02** Add the chopped tomatoes, salt and turmeric then cook so the tomatoes break down to make a lovely thick gravy.
- 03** Add the lamb and stir to coat the pieces. Reduce the heat and place the lid on the pan and leave to cook for 30-40 minutes on a low heat until it is soft and tender.
- 04** In a separate pan heat some oil and add the cumin seeds, once fragrant stir in the chunky onions and peppers, tomato and the chilli then stir fry. You can cook these as much or as little as you like. I prefer mine with a bit of a crunch.
- 05** Stir in the garam masala for added body and depth.
- 06** Once the lamb is cooked and the sauce has reduced stir in the garam masala fried vegetable mix.



More on this recipe

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

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