

Lamb Rogan Josh

Serves: 6

Prep time: 15 minutes

Cook time: 35 minutes



2 ½ serves per portion

Ingredients

500g lamb, diced into 2cm cubes
3 tablespoons rogan josh curry paste
2 tablespoons natural yoghurt
2 tablespoons olive oil
1 large onion, diced
2 cloves garlic, finely chopped
3cm piece fresh ginger, grated
400g can diced tomatoes
2 potatoes, diced
250mL water
½ tablespoon cornflour
2 cups green beans, trimmed and halved
To serve:
Brown rice
Roti
Plain yoghurt

Method

MARINATE lamb with 2 tablespoons of the rogan josh curry paste and yoghurt for two hours in the fridge.

HEAT saucepan on medium heat until hot then add oil and onion. Cook until onion has softened, about 5 minutes. Add the garlic, ginger and remaining curry paste and cook for a further 1-2 minutes fragrant.

ADD lamb to pan and sear until outside is brown.

ADD tomatoes, potatoes and water. Bring to the boil then reduce heat and simmer for 20 minutes.

MIX cornflour with equal parts water and stir until combined. Add the cornflour paste and green beans to the curry. Simmer for a further 10-15 minutes until green beans are tender.

SERVE with rice or roti bread and a dollop of natural yoghurt.



Everyday Food

Recipe courtesy of Lindsey Nash, Country Kitchens team