

Lamb Jalfrezi

INGREDIENTS

Olive oil

2 tablespoons nigella seeds

8 garlic cloves, finely chopped

500g (1lb 2oz) lean lamb (preferably leg), diced (you can buy packs of diced lamb or use lamb mince for reduce the cooking time)

1 medium onion, finely diced

1 tablespoon turmeric

1 teaspoon chilli powder

salt, to taste

400g (14oz) can chopped tomatoes

1 tablespoon each ground coriander (cilantro) and ground cumin

2 tablespoons grated (peeled) fresh root ginger

25g (1oz) bunch of freshly chopped coriander (cilantro)

two plum tomatoes, finely chopped

one green chilli, finely chopped

METHOD

1. Pour some olive oil into a deep saucepan, add the nigella seeds and garlic and cook over a low-medium heat until the garlic is a golden brown colour, stirring frequently. This should take no more than 2–3 minutes.
2. Into the saucepan add the lamb, onion, turmeric, chilli powder and salt. Mix well and cook for about 5 minutes, or until the lamb is sealed all over, stirring frequently.
3. Pour the can of tomatoes into the meat and spice mixture and stir through. Reduce to a low simmer and cook, covered, for 1 hour or until the meat is tender, stirring from time to time.
4. Mix in the ground coriander (cilantro), ground cumin, ginger, freshly chopped coriander (cilantro), chopped plum tomatoes and green chilli. Continue to cook uncovered for 5 minutes, stirring frequently.
5. Serve with your choice of sides