



LAMB ROGAN JOSH

WITH INDIAN SPICED VEGGIES

DIFFICULTY: Easy | **SERVES:** 4 | **READY IN:** 50 minutes

Lamb rogan josh is one of the most well known lamb curries. It's fragrantly spiced rather than hot and spicy, making it a bit more family friendly. Up the nutritional content with a side of Indian spiced veggies.



LAMB ROGAN JOSH

- 550g lamb leg steaks (1lb 3oz)
- 1 brown onion
- 3 cloves garlic
- 400g canned Indian flavoured tomatoes (14oz)
- 1 Tbsp olive oil
- 2 tsp finely grated ginger
- 1 cinnamon stick
- 8 cardamom pods
- 3 tsp paprika
- 2 tsp ground cumin
- 1 tsp garam masala
- 1 tsp ground coriander
- 1 lamb stock cube dissolved in 1 cup boiling water (250ml)
- 1/2 Tbsp sugar
- 1/2 tsp salt
- 3 Tbsp plain, unsweetened yoghurt

INDIAN SPICED VEGGIES

- 1/4 green cabbage
- 1 Tbsp olive oil
- 1 tsp cumin seeds
- 1 1/2 cups frozen mixed veggies or peas (225g)
- 1 tsp paprika
- 1/2 tsp ground coriander

TO SERVE

- 2 x 250g microwave pouches brown basmati rice (2 x 8.8oz)

1. MAKE ROGAN JOSH

Dice lamb into 2cm / 0.8in pieces, trimming off any excess fat. Season with salt and pepper. Finely dice onion and crush garlic. Use a stick blender or regular blender to puree tomatoes.

2. Heat oil in a large non-stick pot on medium-high. Add lamb and cook until browned all over. Add the onion, garlic, ginger and cinnamon. Lightly crush the cardamom pods and add these too. Cook for 2-3 minutes, until onion is starting to soften.

3. Stir in paprika, cumin, garam masala and coriander. Cook for one minute. Add tomatoes, stock mixture, sugar and salt.

4. Reduce heat to medium, place a lid on the pot and simmer curry for 20 minutes, stirring occasionally. Remove lid and simmer for 5 minutes.

5. MAKE INDIAN SPICED VEGGIES

While curry simmers, shred cabbage. When the curry has 5 minutes left to cook (after removing lid), heat oil in a large wok on medium-high. Add cumin seeds and toast for about 15 seconds. Add cabbage, mixed veggies, paprika and coriander. Stir fry until just tender, then reduce heat to very low to keep warm.

6. SERVE

Microwave rice according to instructions on packet. Stir yoghurt into curry. Taste and add a touch more sugar, salt and/or pepper, if needed.

7. Divide rice between warmed serving bowls. Top with curry and add veggies on the side.



WINE MATCH: Choose a fruity Shiraz.

LAMB ROGAN JOSH RECIPE NOTES

GLUTEN-FREE OPTION: Use a gluten-free stock cube (beef is fine if lamb isn't available).

INGREDIENT SWAPS / NOTES: If you don't like lamb, beef rump steak or boneless, skinless chicken thighs are good alternatives. If you can't find Indian flavoured tomatoes, regular crushed or diced tomatoes will be fine (you may need to increase the sugar a little - I find plain tomatoes more acidic). A beef stock cube can be used instead of lamb.

STORING AND REHEATING: Store individual portions in containers in the fridge. Reheat in the microwave.