



This recipe calls for fresh coriander. It can be difficult to find fresh herbs in the supermarkets outside of the summer months but if there is an Asian supermarket in your town that would be a good place to check. The first time I made this I bought the herbs in the local Asian supermarket. I also bought the green chillies there. Now I'm not sure if they have better quality chillies there or if I bought some different, stronger type of chili but it was so hot (I'd left the seed in) it was barely edible. That's how I came up with serving with some natural yoghurt.



The way I make Quick & Easy Lamb Curry is Ingredients

Serves 4

- 350 g/3/4 lb lamb (for stir-fry), diced
- 2 medium onions, roughly chopped
- 2 whole green chillies
- 2 tbsp tomato purée
- 3 tbsp chopped fresh coriander
- 1 tsp ground coriander
- 1/4 tsp turmeric
- 1 tsp mixed spice
- 1 tsp mild chili powder
- 2 tbsp lemon juice
- 3 tsp whole natural yoghurt
- 1 tsp salt

Instructions:

1. If you like it a little hot, but not too much, remove the seeds from the chillies - wearing rubber gloves, halve the chillies and scrap out the seeds. If not just chop off the tops.

2. Add the chillies, onions, tomato purée, chilli powder, ground coriander, turmeric, mixed spice, lemon juice, salt and 2 tbsp of the fresh coriander to a food processor and blend for about 1 minute. □ A pestle & mortar might do if you do not have a food processor.
3. Heat the oil in a wok or a deep round bottomed frying pan. Quickly fry the lamb for a couple of minutes, till it is brown all over.
4. Lower to a medium heat, add the spicy mixture and fry for about 5 minutes or so, until it has thickened some.
5. Turn to lowest heat set, cover the pan and leave to cook further for 10 minutes.
6. Transfer to a serving dish and sprinkle over a little fresh coriander.
7. In a small bowl add the remainder of the fresh coriander to the natural yoghurt and leave on the table for those who aren't so fond of spice

Serve with rice.

The rice in the photo is a mixture of couscous and rice which I like.