CLAIRE ALLEN'S LAMB BUNNY CHOW

INGREDIENTS

- 1kg lamb meat (approx.), washed and drained
- 100ml Canola Oil
- 4 small onions (or 2 large ones), peeled and chopped
- 2 tsp minced ginger
- 2 tsp minced garlic
- 3 bay leaves
- 3 cardamom 3 pods
- 2 tsp turmeric powder
- 2 tsp chilli powder (use less or none if you want a very mild curry)
- 1 cinnamon sticks
- 1 tsp coriander powder
- 1 tsp cumin powder
- 2 tsp mixed curry powder
- Salt and pepper to taste
- 1 x 400g can chopped tomatoes
- 300g baby potatoes, skin on, sliced
- 2 glasses of water
- 3 red chillies sliced and coriander for garnishing
- Fresh white bread

Optional extras to serve with , Onion & tomato, sliced banana and raita

PREP TIME

- Prep time: 15 min
- Cooking time: 55 min
- Serves: 6 as a main meal

METHOD

1.Wash and drain your meat. Peel and chop the onions.

2. Brown your meat in oil then fry onions then add ginger, garlic, bay leaves, cardamom, turmeric, chilli powder, cinnamon sticks, coriander powder, cumin powder, curry powder, salt and pepper (to your taste) in a pot and cover.

3. Keep stirring and add your meat. If your curry browns a little, add approximately ¼ glass water, leave it to soften the burnt parts then scrape off with a wooden spoon. This normally doesn't affect the taste.

4. Add chopped tomatoes, sliced baby potatoes, 2 glasses of water and allow to boil for 25 to 35 minutes until the meat is soft, the potatoes are cooked and the sauce is thick and full of flavour.

5. When cooked, slice and garnish with fresh chilli and coriander and serve with onion & tomato salad, sliced banana and raita on the side.

6. Cut a loaf of white bread in half, hollow out the centre of the loaf and fill it with the curry, ensure you add a lot of sauce, then some more and to your curry with some fresh coriander. Serve with the white bread middle to mop up all that sauce. Simple delicious.

TOP TIP

Curry will always taste better the next day so don't worry about making this in advance and keeping it in the fridge overnight.