

Balti Minced (Ground) Lamb with Potatoes and Fenugreek



Ingredients:

450g/1lb lean minced (ground) lamb	1 bunch fresh chopped fenugreek
1 tsp ginger pulp	2 chopped tomatoes
1 tsp garlic pulp	50g/2oz/.5 cup frozen peas
1.5 tsp chilli powder	2 tsbp chopped fresh coriander (cilantro)
1 tsp salt	3 fresh seeded and sliced red chillies
.25 tsp turmeric	
3 tbsp corn oil	
2 medium sliced onions	
2 medium peeled par boiled & roughly diced potatoes	

Method:

Put the minced (ground) lamb, ginger, garlic, chilli powder, salt and turmeric into a large bowl, and mix together thoroughly. Set to one side. Heat the oil in a deep round bottomed frying pan (skillet) or a medium karahi. Throw in the onion and fry for about 5 minutes until golden brown. Add the minced lamb and stir fry over a medium heat for 5-7 minutes. Stir in the potatoes, chopped fenugreek, tomatoes and peas and cook for a further 5-7 minutes, stirring continuously. Just before serving, stir in the fresh coriander (cilantro) and garnish with fresh red chillies.

The combination of lamb with fresh fenugreek works very well in this dish, which is delicious accompanied by plain boiled rice and mango pickle.

Only use the fenugreek leaves, as the stalks can be rather bitter. This dish is traditionally served with rice.

Your Notes



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