

## LAMB ROGAN JOSH



MINUTES TO PREPARE  
30



TIME TO COOK  
2 hrs



SERVES  
6

### INGREDIENTS

*For the paste:*

**2 cloves garlic**, peeled and chopped  
**5cm garlic**, peeled and chopped  
**1 medium red chilli**, deseeded and chopped  
**2 tablespoons smoked paprika**  
**2 teaspoons garam marsala**  
**1 teaspoon turmeric**  
**1 teaspoon ground cumin**  
**1 large handful fresh coriander**, chopped  
**1 tablespoon rapeseed oil**  
**1 tablespoon tomato puree**

*For the curry:*

**2 tablespoons rapeseed oil**  
**1.5kg lamb shoulder**, cut into chunks  
**Pinch Maldon sea salt**  
**Freshly ground black pepper**  
**1 large onion or 2 medium onions**, peeled and sliced  
**400g tin tomatoes**  
**400g tin chickpeas**, drained  
**400ml water**  
**1 teaspoon vegetable bouillon**  
**1/2 cinnamon stick**  
**5 cardamom pods**, bashed to a powder and pod cases removed  
**A few coriander leaves for garnish**  
**Greek yoghurt to serve**

*"This is a very aromatic Rogan Josh. Not too spicy and very flavoursome. I always serve it with Greek yoghurt as my husband Jason prefers milder curries. I can't help but add chickpeas. Curries are such wonderful carriers of flavours and adding chickpeas adds healthfulness and texture. I used to be terrified of making my own curry pastes as they sounded exotic and unachievable. In fact, they are very simple and I urge you to give it a go!"*

### LET'S GET COOKING

- 1 Preheat the oven to 160/315/gas 2-3. You will need a large oven proof casserole dish with a tight fitting lid.
- 2 First make the paste by bashing the chopped garlic, ginger and chilli in a pestle and mortar. Add the rest of the spices, coriander leaves, tomato puree and oil and mix to a paste.
- 3 In a large frying pan, heat up 2 tablespoons rapeseed oil. Season the lamb chunks with salt and pepper and brown in the frying pan. You will need to do this in batches so that the meat browns and doesn't sweat. Once browned, remove to the casserole dish and repeat until you have finished.
- 4 Add the chopped onion and sauté for 3 minutes. Add the curry paste and stir for 2 minutes. Add the water, tinned tomatoes, vegetable bouillon, cinnamon stick and ground cardamon and stir.
- 5 Pour over the lamb, add the drained chickpeas and stir. Bring to a gentle simmer, pop the lid on and place in the oven for 1 hour 30 minutes.
- 6 Serve with basmati rice, Greek yoghurt and spinach.