

Holy Cow! Roganjosh Lamb Curry

Ingredients

Product	Quantity
Holy Cow! Kashmir Roganjosh Curry Sauce/Marinade 1Kg x 3	250.00 g
Lamb Shoulder Diced	500.00 g
Crazy Jack Organic Ground Almonds 100g	4.00 g
Oxo Chicken Stock Cubes	1.00 g
Gourmet Garden Coriander Lightly Dried Seasoning 8g	1.00 g
Kerala Ground Cardamom 4*380g	0.25 g
Ground Black Pepper	0.25 g

Serves: 4

Allergy Information

Key: Contains May Contain



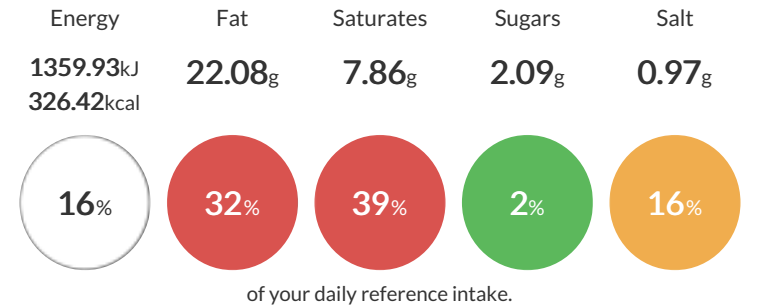
Dietary Information

Key: Suitable for



Reference Intake

Each serving contains:



Nutritional Summary

Energy	1359.93kJ 326.42kCal
Protein	30.15g
Carbohydrates	4.97g
of which sugars	2.09g
Non Milk Extrinsic Sugars	0g
Fat	22.08g
of which saturates	7.86g
Fibre	1.52g
Salt	0.97g
Sodium	0g
Iron	0mg
Calcium	0mg
Zinc	0mg
Folate	0µg
Vitamin A	0µg
Vitamin C	0mg

Method & Recipe Notes

1. Heat 1 tsp of oil in a pan, add lamb and stir fry on high heat for 5 minutes. 2. Add Holy Cow! Kashmir Roganjosh Curry Sauce, chicken stock, ground almond, and simmer in medium heat for about 20 mins or until the lamb is cooked through. Stir frequently. Add water to maintain consistency. 3. Garnish with chopped fresh coriander leaves and ground spices. 4. Serve with Rice or Parantha. Additional Suggestions Marinate the lamb: With a mix of yoghurt, turmeric powder, salt, pepper, and a pinch of cinnamon powder and fennel powder. Leave it chilled overnight in an airtight container. Whole spices: add 2 bay leaves, 2 dry Kashmiri red chillis, and a half inch stick of cinnamon to the stir fry stage. Slow cooking for best results: Ideally, after you add the sauce, the lamb needs to cook slowly over 60-90 minutes till its tender, on a slow heat with frequent stirring. Pressure cooker: If you are lucky enough to own a pressure cooker, just use that after the stir-fry. 15-20 minutes in a pressure cooker with the sauce, stock and a bit of water should do it. Braised lamb is ready in a fraction of the normal cooking time. Pressure cooking is a real blessing! Ginger julienne: If you like the fragrance and taste of fresh ginger, just add some julienne pieces (thin long strips, like matchsticks) of ginger as a garnish.

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