

Lamb Kashmiri Masala

Ingredients

Paste

- 4 cloves garlic
- 2cm knob fresh ginger
- 1 brown onion
- 1 Birdseye red chilli (optional)
- 30g Wildings Kashmiri Masala
- 1 dessert spoon Ghee
- 1 kg diced lamb
- 1 cup natural yogurt

Method

Place all ingredients for the paste in a food processor/blender and make a paste. Place ghee in heavy based pan and on medium heat cook paste until oil separates. Add lamb and cook until lightly brown. Add 1 cup water reduce heat to simmer and cook until tender. Add yogurt and simmer for another 5 minutes or until heated through. Season to taste. Serves 8.

Serving Suggestion

Serve with steaming hot Wildings Infused Rice, fresh coriander, natural yogurt and a wedge of fresh lime.

This recipe is low in fat, contains no preservatives, additives, M.S.G or gluten & is high in flavour and is very easy to prepare.