



LAMB POTATO SPICY POT

An exciting fusion of Indian and Chinese flavors

Nutrition Facts Per Serving: Calories 705, Protein 55g, Carbs 25g, Fat 40g

Cooking process and additional ingredients added at home will affect the total value.

Preparation Time: 10 min, **Cooking Time:** 90 min



INGREDIENTS

Lamb

Yogurt

Onion & Garlic

Potato

Fresh Ginger, Fresh Coriander

Bell Pepper

Dark Soy Sauce

Chili Paste (optional)

Vegetables Oil

Turmeric Powder

Whole & Ground Spices, Salt

METHOD

1. Wash potatoes well, dry.
2. Place a heavy large pot over medium heat, when hot add oil, swirl to heat. Add whole spices and mustard seeds, fry for a few seconds until mustard stops popping. Add potatoes and onion & sauté till it starts to turn golden, about 5 min.
3. Increase heat to medium-high then immediately remove meat from marinade and add to the pot, toss to brown all over.
4. Add the chili paste (to taste), turmeric, green peppers & ginger, toss for 1 minute longer then add garlic & cook 30 secs further then add the soy sauce to deglaze.
5. Add $\frac{1}{2}$ of the chopped coriander leaves, add $\frac{1}{4}$ cup water (if sticking) reduce heat to low, then cover & simmer for 30 minutes.
6. Check liquid then cover & simmer again for 45 minutes longer or until the meat is very tender & potato is well cooked. Remove lid, add remaining coriander & reduce uncovered over medium heat for no longer than 5 minutes taking care not to stick. There should be some gravy left. Serve hot

BON APPETIT