



Palak gosht

Lamb on the bone cooked down with onions and tomatoes, then folded through a big pile of spinach. Comforting, green and good for you.



Serves 4 **Prep** 15 min **Cook** 1 hr 10 min

Ingredients

800g lamb shoulder in bone-in curry pieces

4 tbsp oil

1 tsp cumin seeds

2 onions, finely chopped

1 tbsp ginger paste

1 tbsp garlic paste

3 tomatoes, chopped

1 tsp turmeric

1 tsp chilli powder

2 tsp ground coriander

1 tsp salt

500g fresh spinach, washed and chopped

2 green chillies, slit

1 tsp garam masala

Ask at the counter for

800g lamb shoulder in bone-in curry pieces

Method

1. Heat the oil in a heavy pan, add the cumin seeds and let them sizzle, then fry the onions for 10 minutes until golden.
2. Add the lamb, ginger and garlic and fry on a high heat for 8 minutes until browned.
3. Add the tomatoes, turmeric, chilli, coriander and salt and cook for 5 minutes until the tomatoes break down. Add 400ml of hot water, cover and simmer for 45 minutes, until the lamb is tender.
4. Stir in the spinach a handful at a time with the green chillies. Cook uncovered for 8 to 10 minutes until the spinach has wilted and most of the liquid has gone.
5. Stir in the garam masala and serve with chapati or rice.

Tips

- Frozen spinach works too: use 400g, defrosted and squeezed dry.
- Mutton on the bone needs about 30 minutes more in step 3.

