

More than 1 hour

Serves 4-6

Share

Share on facebook

Share on twitter

Share on pinterest

Share on whatsapp

Share on email

Ingredients:

- 2 Tbsp (30ml) canola oil
- 4 onions, sliced
- 6 cloves garlic, finely grated
- 4cm knob ginger, finely grated
- 3 chillies, halved (and deseeded if you prefer less heat)
- Generous pinch of salt
- 1.4kg stewing lamb or goulash
- 10 fresh or dried curry leaves
- 3 bay leaves
- 3 sticks cinnamon
- 1-3 tsp (5ml-15ml) chilli powder
- 2 tsp (10ml) each ground coriander and turmeric
- 2 Tbsp (30ml) hot curry powder
- 1 large packet (100g) tomato paste
- 3 salad tomatoes, grated
- 800g baby potatoes, halved
- 2 cups (500ml) vegetable stock
- Handful fresh coriander
- Cooked rice, for serving

Method:

1. Heat oil in a pot and sauté onion for 5-8 minutes or until soft and golden.
2. Add garlic, ginger and chilli and fry for a further 2 minutes.
3. Season meat, add to pot and brown all over.
4. Add curry leaves, bay leaves and spices and fry until fragrant.
5. Gently stir to coat meat with the spices.

6. Stir in tomato paste, salad tomatoes, potatoes and stock.
7. Adjust seasoning and simmer on a low-medium heat for about 60-75 minutes or until meat is soft (take care not to overstir, rather swirl pot occasionally).
8. Once meat is tender, stir in coriander.
9. Serve curry with rice or side of your choice.

Check Out Our [**Chicken Curry Recipe**](#)

[Browse more Easter lamb recipes here.](#)