



## Khemma Mattar (mince with peas)

A spicy alternative to shepherds pie! This dish can be served with rice, bulgar wheat, mashed potatoes, chapatis, naan or tortillas. it is very versatile. The chilli can be omitted if you prefer.

**Serves** : 4

**Preparation Time** : 15 mins

**Cooking Time** : 45 mins

### Ingredients

1lb / 450g minced lamb  
 1/2lb / 225g frozen peas  
 4 large ripe tomatoes  
 1 large onion  
 2 tbsp vegetable oil  
 4 cloves of fresh garlic  
 1 inch Ginger Root peeled and grated  
 Salt to taste

### Herbs & Spices

1/4 tsp Cardamom Ground  
 1 Chillies Whole  
 2 Cinnamon Sticks  
 6 Cloves Whole  
 4 Curry Leaves  
 1/2 tsp Garam Masala  
 1 tsp Turmeric  
 1 tbsp Coriander Leaf

### Cooking Instructions

Heat oil in a large pan and fry the cinnamon, cloves, cardamom and chillies for about 45 seconds. Chop the onion finely and add to the pan along with the garlic and the remaining spices except garam masala and the coriander leaf. Fry for about 5 mins until browned.

Chop and add the tomatoes along with the minced meat. Stir well and cover. Cook gently until meat is cooked, stirring occasionally to prevent sticking to the bottom. Whilst the meat is cooking, plunge the peas into a pan of hot water and cook for 2-3 mins. Drain and add to the meat just as it is cooked. Stir in the garam masala, and cook for a further 3 mins.

Garnish with chopped coriander leaves.