



Lamb Palak (lamb with spinach)

A wholesome dish that combines the flavour of spinach with that of ground coriander and chilli. The quantity of chilli here produces quite a fiery dish. If you prefer a milder dish, simply reduce the amount of chilli added, or omit it all together. This dish is particularly good with lemon dhal as an accompaniment. Note: this recipe uses frozen spinach, but fresh can be used instead when in season.

Serves : 4
Preparation Time : 15 mins
Cooking Time : 30 mins

Ingredients

1lb / 450g lamb, diced
8oz / 225g frozen spinach (quantity can be more or less here).
1/4 pint / 120ml milk
1 tsp sugar
Salt to taste
3 tbsp oil

Herbs & Spices

1/2 tsp (or to taste) Chilli Ground
4 (or to taste) Chillies Whole
2 tsp Coriander Ground
2 tsp Garam Masala
1 tsp Turmeric

Cooking Instructions

Place frozen spinach in a pan and put over a gentle heat to defrost with the whole chilli . (If using fresh spinach, wash it well, chop it finally and gently boil with the chillies until tender). Drain leave to cool. Once cool blend to a paste, or chop finely.

In a large heavy based pan heat the oil. Add the sugar and fry until it melts and bubbles up. Add the meat and fry whilst stirring until it browns and starts sticking to the pan. At this point add the milk and fry again for 30 seconds. Add the salt, ground chilli powder and ground coriander and continue frying and stirring for another minute. Add the turmeric and again fry and stir. if necessary turn the heat down so the mixture doesn't burn. After 5 mins add 1/4 pint / 120ml water and simmer gently until the lamb is cooked. By this time the water should have evaporated. If the sauce gets too dry before the meat is cooked, add a little more water to prevent burning.

When the water has evaporated add the garam masala, cover and cook on a very low heat for another 5 mins.

Serve with rice, chappatis or naan.