

# Easy lamb vindaloo



**BODY SHAPE**  
PERFORMANCE

10g ghee  
5 dried red chillies  
1 tsp mustard seeds  
5-6 curry leaves  
1 large white onion, finely diced  
4 garlic cloves, finely chopped  
equivalent amount of fresh ginger,  
finely chopped  
400g cooked lamb leg (make use of  
leftovers after a lamb roast dinner)  
200ml water  
1 tsp ground cumin  
1 tsp ground coriander  
½ tsp paprika  
1 tsp ground turmeric  
1 tsp chilli powder  
¼ tsp ground cinnamon  
½ tsp sea salt

**SERVES 3**



PER SERVING:  
302 Calories  
**10g Carbs**  
34g Protein  
**14g Fat**

Melt the ghee in a large saucepan over a medium heat. Add the dried red chillies, mustard seeds and curry leaves. Fry gently for 1 minute.

Add the onion and sauté for 5 minutes until soft.

Add the finely chopped ginger and garlic. Stir and cook for 2 minutes.

Add the lamb, water, cumin, coriander, paprika, turmeric, chilli powder, cinnamon and salt. Stir to coat the lamb in the spices.

Cover and simmer and cook for 20 minutes, stirring occasionally. Serve.

*Store any leftovers in an airtight container and refrigerate for up to 3 days or freeze on same day.*

## Serving suggestion:

Serve with basmati rice and garnish with chopped coriander.

