

## Quick Lamb Rogan Josh

### Ingredients

225g lean lamb leg steaks or neck fillet, cubed  
1 x 5ml spoon oil  
2 x 15ml spoons Rogan Josh curry paste  
1 onion, sliced  
1 clove garlic, crushed  
200g can chopped tomatoes  
2 tomatoes, cut into wedges  
1 x 15ml spoon fresh coriander, chopped



### Equipment

Measuring spoons, spoon, knife, chopping board, large saucepan, garlic press, spoon, can opener

### Method

1. Cube the lamb, slice the onion and cut the tomatoes.
2. Heat the oil in a large pan and add the lean lamb. Cook for 3-4 minutes.
- 3 Add the Rogan Josh curry paste, sliced onions and garlic. Cook for a further 2-3 minutes.
4. Add the canned and fresh tomatoes and cook for further 2 minutes.
5. Stir in the fresh coriander.
6. Serve.

### Tips

- \* Serve with boiled rice, naan bread and a side salad.
- \* Replace the fresh tomatoes with thinly sliced courgettes, peppers or okra.
- \* Batch cook – freeze portions for a rainy (busy) day!

### Note

The Foundation is grateful to the Meat and Livestock Commission for the use of this recipe.