

Yoghurt Marinated Lamb Curry

Servings: 5

Prep Time: 15min + 6hrs chilling

Cook Time: 2hrs



Ingredients

- 1 1/2 kg stewing lamb, bone in
- 1 1/2 cup full fat yoghurt
- 4 Tbs curry spice mix
- 2 onions, finely chopped
- 2 cloves garlic, mashed
- oil for frying
- 1 can chopped tomatoes
- 1 Tbs sugar
- 1 tsp salt

Directions

1. Mix the yoghurt, spices in a large bowl, add the lamb pieces and mix well to ensure the lamb is coated, cover and place in the fridge for at least 6 hours but preferably overnight.
2. Preheat the oven to 170°C.
3. In a large ovenproof casserole with lid, gently fry the onions and garlic until soft and transparent, add the lamb and marinade, give it a good stir and turn up the heat.
4. Add the tomatoes, sugar, salt and mix, place the lid on the dish and cook in the oven for 1 hour
5. Remove the lid and cook the curry for another hour.
6. Check the seasoning and serve with naan breads, roti, steamed rice and some spicy chutney for extra heat.