

# Lamb Keema Pea Curry.

**PREP TIME:** 10 MINS  
**COOK TIME:** 40 MINS  
**SERVINGS:** 4 SERVINGS

## Ingredients:

- 1 large onion, chopped
- 2 garlic cloves, chopped
- 4cm piece ginger, grated
- 2 green chillies
- 3 tbsp oil
- 500g lamb mince
- 2 tbsp garam masala
- ½ a can chopped tomatoes (freeze the rest), or use 2 medium fresh tomatoes
- 2 tbsp natural yogurt
- 200g frozen peas or cooked fresh peas
- 1 small bunch coriander, chopped

## Instructions:

### STEP 1

Chop the onion, garlic, ginger and chillies together in a food processor. Heat the oil in a large frying pan and fry the mixture until it becomes very fragrant. Add the mince and fry until it begins to brown, stirring to break up any lumps.

### STEP 2

Add the spices and fry for 1 min. Add the tomatoes and bring to a simmer, cook for 1 min, then stir in the yogurt, some salt and a good grind of black pepper. Add a splash of water if you need to, then cook the mixture for 30 mins. Add the frozen peas and cook for 5 mins, then stir in the coriander. Serve with Indian breads or poppadums, chutney and some more yogurt.

