



PARVEEN'S INDIAN KITCHEN

KEEMA ALOO MATTAR

MINCE WITH PEAS & POTATOES



INGREDIENTS

4 tbsp vegetable oil
2 medium onions, finely diced
3 cardamom pods, lightly crushed (optional)
½ cinnamon stick
6 cloves garlic, finely grated
2-3 cm fresh ginger, peeled and grated
1 tsp chilli powder
3 tsp garam masala
1 tsp coriander powder

¼ tsp ground turmeric
1 x 400g tin chopped tomatoes
1kg lamb mince
2 medium potatoes, diced into 2cm cubes
200g frozen peas
handful fresh coriander, roughly chopped
2 tsp salt

METHOD

1. Heat the oil in a large pan, add the onions and cook for 5-10 minutes until golden brown.
2. Add the cardamom and cinnamon then stir for 1 minute. Add the garlic and ginger then continue to cook for a further 2 minutes.
3. Add the ground spices and salt, cook for 30 seconds, smell the aroma! Add the chopped tomatoes, stir then cook for 5 minutes.
4. Add the lamb, stirring gently to break it up, continue stirring through for 10 minutes over a high heat, add a few splashes of water if it starts to stick.
5. Add the potatoes, cook for 8-10 minutes, then add the peas and coriander. Cover then simmer for 2 minutes to allow the flavours to infuse.
6. Serve with basmati rice and a stack of chapati - enjoy!

Parveen
x

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parveenashraf.com

