

One of our lovingly created Kindred Recipes!

Lamb Keema

Ingredients

(Based on Family of 4)

- ✓ 1 Large chopped onion
- ✓ 3 Tbsp vegetable oil
- ✓ 6 Whole black peppercorns
- ✓ 1 Tin chopped tomatoes
- ✓ 3 Cloves of garlic
- ✓ 4 Tbsp mild curry powder
- ✓ 500g Very lean mince lamb
- ✓ 1 Cup frozen peas
- ✓ Serve with either rice or couscous

Method

- ✓ Fry the onions and garlic until soft.
- ✓ Add the mince and fry until brown.
- ✓ Add the chopped tomatoes and spices.
- ✓ Cook slowly for 30 minutes. (Add water if necessary)
- ✓ Add the frozen peas and cook for another 15 minutes.
- ✓ Prepare your side of rice or couscous.
- ✓ Enjoy!