



Indian Lamb Meatball Curry

SERVES 4

INGREDIENTS

Meatballs

480g minced lamb
1 small onion finely chopped
1 garlic clove, crushed
2cm piece ginger, grated
½ tsp chilli powder
1 tsp ground coriander
2 tbs chopped fresh coriander
1 egg

Sauce

1 tbs olive oil
1 onion, finely chopped
2cm piece of ginger, grated
2 garlic cloves, crushed
1 tsp ground cumin
1 tsp ground coriander
1 tsp paprika
½ tsp cayenne pepper
1 cinnamon stick
400g can chopped tomatoes
1 tsp garam masala
1 tbs lemon juice
Chopped coriander

METHOD

1. Preheat oven to 200°C.
2. To prepare the meatball place all ingredients in a food processor and pulse until just combined.
3. Form into small balls and place on a baking tray or roasting tin. Bake for 15-20 minutes or until just cooked.
4. To make the sauce heat the oil in a frying pan and fry the onions until well coloured.
5. Combine the ginger, garlic, and ground spices in a bowl with 2 tbs of water. Add this spice mix with the cinnamon to the onions and fry until fragrant then add the tomatoes and ½ cup of water. Simmer for 5 minutes then add the meatballs in a single layer. Simmer for 15-20 minutes or until sauce is thickened.
6. Gently stir through the garam masala and lemon juice and serve sprinkled with coriander

