

## Recipe 18 – Lamb Keema

This recipe is for 4-6 people

### ■ Ingredients

1 tbsp veg oil or similar not shown

A. 500g Lamb Mince

B. 2 Onions diced

C. 250g Pack of pre-cooked Puy Lentils

D. 1 Ltr Lamb stock

E. 1 or 2 long green chillies finely chopped (depending on your taste)

F. Dry Spices

i. 1 Tbsp ground cumin

ii. 1 tsp ground turmeric

iii. 1 tsp ground coriander

iv. 1 Tbsp garam masala

v. 1 tsp salt

G. 6 tsp Garlic paste & 4 tsp Ginger paste

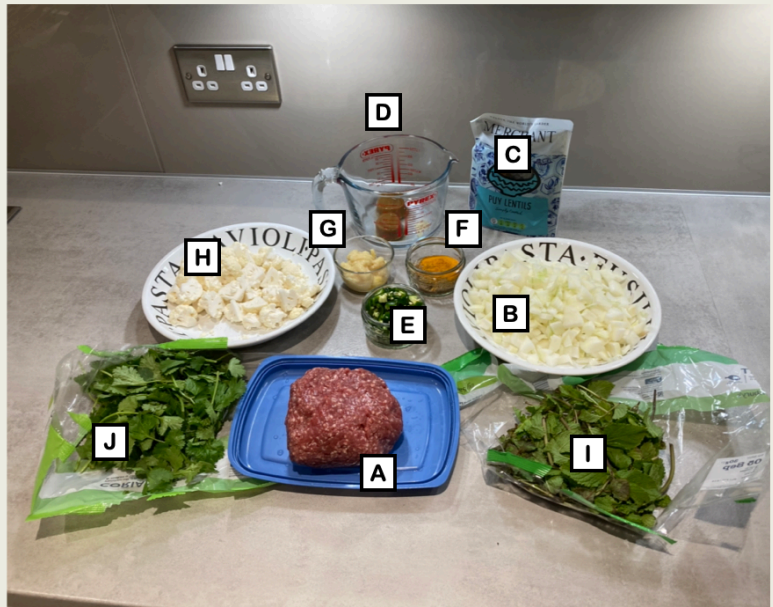
H. 250g cauliflower florets chopped

I. Handful chopped mint

J. Handful chopped coriander

Optional

A. 200g Frozen peas (not shown)



Timings –

Prep – 20 mins\*, Cooking – 60 mins\*,

\*"The quoted times are an estimated and may vary based upon your experience & chosen ingredients"

## Method

1. SET YOUR OVEN TO 180 C/GAS MARK 4, SPREAD YOUR LAMB MINCE ON AN OVEN TRAY LINED WITH KITCHEN FOIL (IF YOU DON'T HAVE FOIL IT JUST MEANS MORE WASHING UP). COOK FOR A TOTAL OF 40MINS, TURNING & BREAKING UP THE MINCE EVERY 10MINS. AT THE END YOU WILL HAVE COOKED OFF THE FAT AND THE MINCE SHOULD HAVE A CRUMBLY TEXTURE LIKE LARGE COFFEE GRANULES. YOU CAN KEEP IN LARGER PIECES IF THAT'S WHAT YOU PREFER.



2. MEANWHILE POUR SOME OLIVE OIL INTO A LARGE PAN OR CASSEROLE  
COOK OFF YOUR ONION ON A HIGH HEAT FOR APPROX 5-6 MINS OR  
UNTIL THEY ARE GOLDEN BROWN.



3. NOW ADD YOUR GARLIC, GINGER & GREEN CHILLI AND COOK FOR A  
FURTHER 2 MINUTES, THEN LOWER THE HEAT TO MEDIUM.



4. Add your dry spices and salt and cook for a further 2 mins.



5. Now add your Lamb Stock & Puy Lentils, bring to the boil then simmer for 5 mins.



6. Then add the cooked lamb mince & simmer gently for 20 mins until the sauce has thickened, if the sauce becomes too thick you can add some hot water.



7. Once the sauce has thickened you can now add the cauliflower and cook for a further 10 mins.



8. If you are adding the frozen peas add them after the cauliflower is cooked and simmer for a further 2 mins.
9. When ready to serve remove from the heat and add your coriander & mint if that is your preference.
10. Serve with your favourite side, Rice, naan, yoghurt etc.



## Hints & Tips

- You can cook the mince in the pot rather than the oven, but I would recommend taking it out and draining off the fat before adding any other ingredients.
- You can make this in advance, if you are freezing it its best to portion it before freezing.

1. Add the potatoes, mix through. Add the stock & ground black pepper.



2. Cover & simmer for 20mins until the potatoes are tender.



4. Allow to cool slightly





5. Using a stick blender, blend the soup until smooth and no pieces of potato or leek appear.



6. Prior to serving add the cream stir in and cook through.



7. Do not allow the soup to boil

8. Serve in warm bowls.



Hints –

You can pre-cook this soup and store in the fridge, but do not add the cream until you are ready to serve.

If you do not have a stick blender, you can also use a jug blender or food processor, you will need to do this in batches and have a second pan available.

You can top with crispy onions (pre-bought) as an option to add texture.