



Chef: Mark Jensen  
Bag: Tomato  
Date: 211106c

## Recipe: Indian style lamb with rocket raita

### Lamb

#### Ingredients:

- 1 tablespoon peanut oil
- ½ small brown onion, sliced thinly
- 1 clove garlic, crushed
- 2cm piece fresh ginger, grated
- 1 teaspoon Masterfoods ground cumin
- 1 teaspoon Masterfoods paprika
- 1 teaspoon Masterfoods fennel seeds
- ½ teaspoon Masterfoods ground coriander
- 200g lamb backstrap, chopped coarsely
- 1 cup crushed tomatoes
- 1 x Masterfoods bay leaf
- ¼ cup Dairy Farmers yogurt

#### Raita

- ¼ cup Dairy Farmers yogurt
- 10g rocket, chopped finely
- 2 teaspoons finely chopped fresh coriander

#### Method:

1. Heat oil in a medium saucepan; sauté onion, garlic and ginger until onion softens. Add spices and lamb; sauté until lamb is browned lightly.
2. Add tomatoes and bay leaf; simmer, uncovered about 10 minutes or until tender.
3. Meanwhile make raita.
4. Add yogurt to lamb; stir until heated through. Serve lamb with raita and sprinkled with coriander leaves; if desired.

Raita: Combine ingredients in a small bowl.