

# Lamb Rogan Josh Recipe

Spice:	Difficulty:	Total:	Prep:	Cook:
<b>Medium</b>	<b>Serves Easy</b>	<b>25</b>	<b>5</b>	<b>20</b>
	<b>1-2</b>	<b>mins</b>	<b>mins</b>	<b>mins</b>

A delicious meaty curry with tomato, peppers and onion in medium spice sauce.

## Ingredients

½ medium **onion** (50g) peeled and sliced into strips

¼ **green pepper** sliced into strips

¼ **red pepper** sliced into strips

1 medium (100g) **onion** peeled and finely sliced

2 chef's spoon (80g) **vegetable oil**

1 teaspoon (10g) **garlic paste**

2 chefs spoon (80g) **BIR tomato paste**

1 teaspoon (3g) **BIR mix powder**

1 teaspoon (7g) **salt**

½ teaspoon (1g) **kasoori methi leaves**

150g **precooked lamb**

200g **BIR base gravy** (100g gravy diluted with 100ml water & heated)

1 **fresh tomato** sliced

handful of **fresh coriander**

## Instructions

- 1 Heat the pan on a medium high heat and add 1 chef's spoon (40g) vegetable oil
- 2 Add the strips of onion and peppers and cook on a medium heat for 5 mins until they start blistering
- 3 Remove the onions and peppers from the pan and keep to to one side
- 4 In the same pan on a medium high heat add 1 chef's spoon (40g) vegetable oil
- 5 Add the garlic paste and BIR tomato paste and stir for around 10 seconds
- 6 Add the finely sliced onion stirring occasionally and cook for around 10 mins until translucent and completely softened
- 7 Add the mix powder, salt and methi and stir in for another 10 seconds
- 8 Add the fresh tomato and stir for 30 seconds
- 9 Add the pre-cooked lamb and stir for around 1 min so that all the lamb pieces are coated with the sauce
- 10 Add the pre cooked onion and pepper strips and stir
- 11 Add the base gravy and simmer on a high heat for around 2 mins whilst occasionally stirring, scrape off any dried sauce on the edges back into the pan
- 12 Turn down to a low heat and simmer for another 5 mins until the sauce thickens and is a dry consistency

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