

Fragrant Indian-spiced lamb curry

Yield: 4 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-lamb-neck-curry-recipe>

Ingredients:

- 1 3/4 pounds lamb neck Quality Mark, chops, or use 600g diced lamb shoulder or 1kg shoulder chops
- 2 tablespoons butter or ghee
- 1 onion finely chopped
- 2 cloves garlic crushed
- 2 teaspoons fresh ginger finely chopped
- 1 tablespoon Garam Masala each, turmeric, ground cumin, ground coriander, curry powder
- 1/4 teaspoon cayenne pepper
- 1 cup chicken stock
- 2 11/16 cups chopped tomatoes in juice
- 2 7/16 cups chickpeas drained and rinsed
- 1 lemon large, about 2 tablespoons
- 1/2 cup yoghurt natural unsweetened
- steamed rice
- naan
- yoghurt Natural unsweetened
- fresh coriander chopped

Nutrition:

1. Calories: 320 calories
2. Carbohydrate: 48 grams
3. Cholesterol: 30 milligrams
4. Fat: 10 grams
5. Fiber: 8 grams
6. Protein: 12 grams
7. SaturatedFat: 5 grams
8. Sodium: 540 milligrams

9. Sugar: 10 grams

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