

# How To Make Delicious South African Bunny Chow!

Yield: 2 min  
Total Time: 120 min

Recipe from: <https://www.recipeschoose.com/recipes/south-african-lamb-pie-recipe>

## Ingredients:

- 1 loaf white bread unsliced, cut in 1/2, and the insides scooped out leaving only the outside crusty part; this will provide 2 servings
- 3 tablespoons olive oil
- 1 tablespoon garlic minced
- 1 tablespoon ginger minced
- 5 Thai chilis minced; leave out if you prefer a less spicy curry
- 1 bay leaf
- 1 onion minced
- 2 tomatoes diced
- 2 medium potatoes
- 1 large potato
- 1 pound lamb cut up lamb for stew
- 1 star anise
- 1 cinnamon stick
- 1/2 tablespoon turmeric
- 2 tablespoons Garam Masala
- 1 tablespoon cayenne pepper can omit if you prefer a less spicy version; add closer to 1 tbsp if you like it spicy!
- salt to taste
- green onions sliced for garnish, optional

## Nutrition:

1. Calories: 1670 calories
2. Carbohydrate: 174 grams
3. Cholesterol: 165 milligrams
4. Fat: 79 grams
5. Fiber: 18 grams

6. Protein: 64 grams
  7. SaturatedFat: 27 grams
  8. Sodium: 1720 milligrams
  9. Sugar: 18 grams
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