



Lamb & Cashew Nut Korma

50g ghee or oil, 2 medium sliced onions, 6 cloves garlic crushed, 5 cm piece root ginger peeled and chopped, 1 cup yoghurt (or ½ cup each of yoghurt and fresh cream), 100g cashews, 1kg lamb, 1 ½ level tbsp Lamb & Cashew Nut Korma, 50g cashew nut meal, 1 cup water.

Heat the ghee in a large pan, add the onions, and garlic. Add the ginger and sauté. Add the Lamb & Cashew Nut Korma Blend and cashew meal and fry for a further 2 minutes. Add the lamb pieces and turn the meat until sealed well. Add the yoghurt, water, cashews and salt and bring to the boil, turn down to simmer and cover the pan cooking until the meat is tender. Take the lid off and reduce the gravy until reaching the desired consistency. Vegetables may be used for this curry instead of lamb if desired.