



## *Malabar Mutton/Lamb Curry*

500g-1kg mutton, lamb or beef sliced, 2 level tbsp Malabar Mutton/Lamb curry, 3 onions sliced, 4 green chillies sliced, 3cm piece fresh ginger and 6 cloves garlic diced, 2 large tomatoes chopped, 1/4 cup oil/butter/ghee.

Heat the oil in a pot, add the onion, chilli, ginger and garlic paste. Fry until the onions become soft, add the Malabar Mutton/Lamb Curry blend, lower the heat and fry for 1 minute.

Add the meat pieces, increase the heat and fry to seal the meat. Add the tomatoes and enough water to cook the meat. Season with salt. When the meat is tender and the curry has reduced to a thick and rich consistency garnish with freshly chopped coriander (optional).

This curry is best cooked using chicken, beef or lamb (any meat except seafood).