



Parsee Lamb & Cashew Nut Curry

125g ghee, 300g chopped onions, 300g chopped tomatoes, 2 1/2 tbs Parsee Lamb & Cashew Nut Blend, 1.5kg lamb pieces, 2 cups water, 1 cup greek yoghurt (or 1 cup sour cream), 1/2 cup fried cashew nuts.

Heat 125g ghee in a pan. Add and fry until golden 300g of finely chopped onions. Add and fry until soft and thick 300g finely chopped tomatoes. Lower the heat and add and fry gently for 1 minute 35g (2 1/2 tbsp) Parsee Lamb & Cashew Nut Korma Blend. Add and fry on high heat until sealed 1.5kg pieces of lamb. Add 2 cups of water to the pan and bring to the boil and cook the lamb on low until tender and most of the liquid has absorbed. Add 1 cup of greek yoghurt or 1 cup of sour cream to the pan, stir, cover and cook on low heat. Add 1/2 cup fried cashew nuts, 12 deep fried new potatoes and salt to taste. Serve hot with rice. This curry can be cooked without yoghurt for a delicious variation.