

Mogul Lamb with Turnips

Who? This recipe is brought to you by Nikki Martin, personal trainer and nutritional advisor. For more recipes visit www.nikkimartin.co.nz.

Ingredients

- 1 kilo boneless lamb, cut into large cubes
- 2 onions, finely chopped
- 6 cloves of garlic, crushed
- 1 tablespoon grated ginger
- 4 green chillies, finely sliced
- 3 bay leaves
- Pinch of asafoetida (Hing)-optional
- 1 teaspoon chilli powder
- 1 tablespoon ground cumin
- 2 tablespoons ground coriander
- ½ teaspoon ground turmeric
- 1 teaspoon garam masala
- ½ cup tomato puree
- ½ cup plain yoghurt
- 1 and ½ teaspoon salt
- ½ teaspoon ground black pepper
- ½ kilo turnips or swede cut into large pieces

Method Heat two tablespoons of oil in a pan and add the onion, garlic, ginger chillies and bay leaves and stir.

Fry over medium heat for five minutes or until the onions turn to a golden brown, stirring occasionally. Add the meat and stir until all the pieces are thoroughly coated with the onion mixture. Cook for 15 minutes stirring frequently.

Add the asafoetida, chilli powder, cumin, coriander, turmeric and garam masala and stir thoroughly. Cook for a couple of minutes and add the tomato puree and yoghurt. Fry for another minute and add the salt and pepper and 500 ml of hot water. Stir and cook until it comes to a boil.

Lower the heat and cover and simmer for 20 minutes.

Add the turnips stir and continue simmering for another 20 minutes or until and the lamb and turnips have completely softened.
