



LAMB & CHICKPEA CURRY

SERVES 6 | 2 HOURS 10 MINUTES

Making a curry from scratch doesn't need to be complicated. When it comes to curry, the herbs and spices are the stars of the show. As long as you stock up on those and follow these simple instructions, you'll be cooking up an incredible curry that is far tastier and healthier than a takeaway.

JAMIE OLIVER'S FOOD REVOLUTION

Jamie is urging all of us to cook for our lives. This recipe is one of Jamie's 10 Food Revolution recipes that together can teach us all the skills we need to feed ourselves and our families good, nutritious food for years to come. For all 10 recipes go to jamiesfoodrevolution.org and celebrate the power of fresh, healthy, real food.

INGREDIENTS

olive oil
300g diced lean lamb shoulder
1 teaspoon mustard seeds
½ teaspoon ground turmeric
1 teaspoon chilli powder
1 tablespoon Madras curry powder
5cm piece of ginger
4 cloves of garlic
3 onions
10 curry leaves
2 x 400g tins of chickpeas

1 organic vegetable stock cube
1 x 400g tin of plum tomatoes
½ x 400g tin of light coconut milk
200g baby spinach
1 bunch of fresh coriander

EQUIPMENT

Measuring spoons
Large, deep saucepan with lid
Wooden spoon
Chopping board
Knife
Tin opener

JAMIE'S TOP TIP

Bulking out your curries or stews with pulses and beans is a great way to make your meals go further and save money. Double bonus!

LAMB & CHICKPEA CURRY

- 1** Heat 1 tablespoon of oil in a large, deep pan over a medium heat, then add the lamb, spices and curry powder.
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- 2** Cook gently for 15 minutes, or until browned all over, stirring occasionally. Meanwhile...
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- 3** Peel and finely slice the ginger, garlic and onions.
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- 4** Add the sliced ingredients and curry leaves to the pan, then cook for a further 10 to 15 minutes, or until softened, stirring occasionally.
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- 5** Tip in the chickpeas (and their juice), then crumble in the stock cube. Pour in the tomatoes and 1 tin's worth of hot water.
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- 6** Season lightly with sea salt and black pepper, then slowly bring to the boil, breaking up the tomatoes with the back of a spoon.
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- 7** Cover with a lid, reduce the heat to low, and simmer gently for 1 hour 30 minutes, or until the lamb is tender and the sauce has thickened and reduced, occasionally stirring and scraping any bits from the bottom of the pan.
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- 8** Add the coconut milk and spinach to the pan, stir well, then bring just back to the boil.
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- 9** Have a taste and season to perfection, then tear the coriander leaves over the top. Delicious served with brown basmati rice.

NOTES

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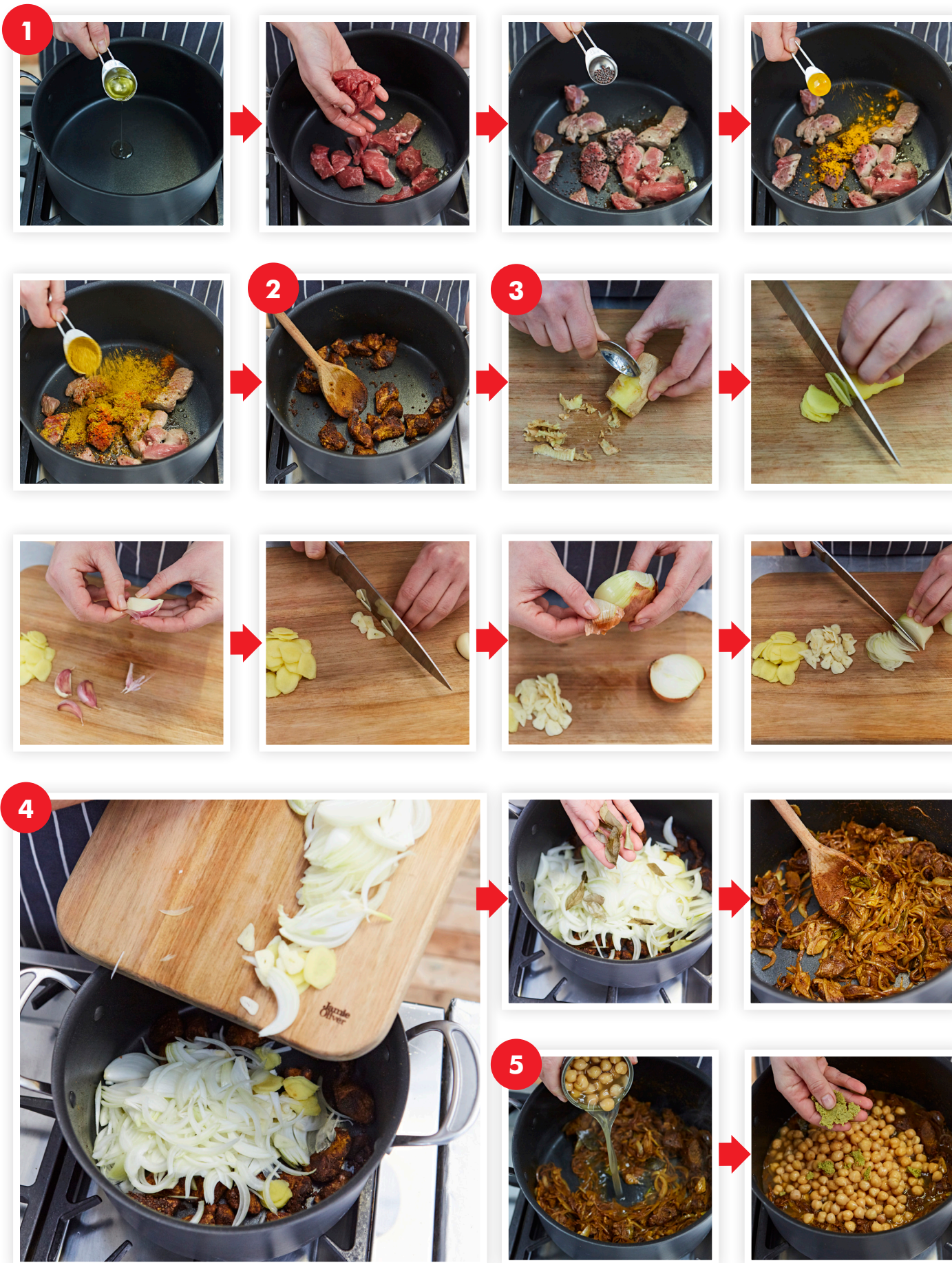
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STEP-BY-STEP



STEP-BY-STEP

