



## Chef Adam Gray's Palak Lamb

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### INGREDIENTS

100ml British rapeseed oil

1 Teaspoon cumin seeds

1 Red onion - finely chopped

15g Fresh ginger – peeled and finely chopped

12 Cloves garlic – peeled and crushed

400g Lamb neck fillet cut into 3 -4 cm sized pieces

2 Teaspoons hot madras curry powder

400g Tinned chopped tomatoes

500ml Lamb stock from stock cubes

125ml natural yoghurt

Salt pinch

300g Bay spinach leaves – washed

### METHOD

Heat a thick bottomed saucepan to a medium heat, add the cumin seeds and madras curry powder and cook for one minute.

Add the rapeseed oil to the saucepan and add the chopped onion and fry until translucent

Add ginger and garlic, gently fry until light brown

Add the diced neck of lamb and fry for 10 -15 minutes, stirring so that all the lamb has been sealed'

Add tinned tomatoes and the lamb stock.

Bring to the boil and simmer gently for 15 – 20 minutes.

Stir in the natural yogurt.

Add the baby spinach leaves

Serve.

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