

Rogan josh

- Egg-free
- Gluten-free
- Nut-free
- Peanut-free
- Sesame-free
- Soy-free
- Wheat-free
- Shellfish-free
- Seafood-free
- No added sugar
- High in Dietary Fibre
- High in Protein
- 1 serve Veg or Fruit

Succulent, fall-apart lamb shoulder is the star of this flavour-packed curry, perfect for a warming midweek meal or a weekend dinner to impress.

- Serves 4
- Cooktime 2 mins 2 minutes
- Prep time 30 mins

Ingredients

Nutritional information

Per serve: Energy: 2114kJ/506 Cals (24%), Protein: 32g (64%), Fat: 33g (47%), Sat Fat: 12g (50%), Sodium: 235mg (12%), Carb: 16g (5%), Sugar: 13g (14%), Dietary Fibre: 7g (23%).

Check ingredient labels to make sure they meet your specific dietary requirements and always consult a health professional before changing your diet. View dietary information [here](#).

Percentage Daily Intake information on our recipes is calculated using the nutrition reference values for an average Australian adult.

Method

1. Step 1

Preheat the oven to 180°C.

2. Step 2

Place the lamb in a large bowl. Add half the oil and toss to coat. Season.

3. Step 3

Heat a flameproof casserole pan over high heat. In batches, cook lamb, turning, for 5 mins or until browned. Transfer to a heatproof bowl. Set aside.

4. Step 4

Reduce heat to medium-low. Add the remaining oil to the pan. Add the cardamom, curry leaves and cinnamon. Cook, stirring, for 2 mins or until aromatic. Add the onion and cook, stirring, for 5 mins or until onion softens and begins to caramelise. Add the ginger, garlic, coriander, cumin, chilli, cloves and pepper and stir to combine. Add 1 tbs of the yoghurt. Cook, stirring, until combined. Repeat with remaining yoghurt. Add the tomato and 1 cup (250ml) water. Return lamb and stir to combine.

5. Step 5

Bake, covered, for 1 hour. Uncover and bake for a further 30 mins or until lamb is tender and sauce thickens.

6. Step 6

To make the cucumber mint salad, combine the cucumber, mint, onion, lemon juice and garam masala in a bowl. Season.

7. Step 7

Sprinkle lamb rogan josh with garam masala and curry leaves. Serve with cucumber mint salad, rice and lemon wedges.