

Lamb curry (6 portions; 2½ hrs)

From <https://www.jamieoliver.com/recipes/lamb-recipes/lamb-chickpea-curry/>

For the curry

5 tbsp olive oil, plus more as needed

1 tsp mustard seeds

½ tsp turmeric

1 tsp hot chilli powder

1 tbsp madras curry powder

some salt

300g diced lamb or chicken thighs

4 cloves garlic

2x1 inch cube fresh ginger (minimum)

3 red onions

2 tins chickpeas (400g x2)

1 tin peeled plum tomatoes

1 vegetable stock cube

40-50g creamed coconut block

150ml hot water

200g baby spinach

If using chicken thighs, trim, cut into chunks, and add a bit of salt.

Heat the oil and fry the mustard seeds and powdered spices for a few seconds, then add the meat. Fry for about 15 minutes, stirring frequently. Add more oil if it starts to stick.

Chop garlic small, slice onions finely, and chop ginger into short matchsticks. Add to pan and cook for another 10 minutes.

Add the chickpeas (including the liquid from the can), tomatoes, 1 tin hot water, and crumble in the stock cube. Break up the tomatoes in the pan.

Bring to the boil, then cover and simmer for 1½ hours, stirring occasionally (make sure to unstick anything from the bottom of the pan. The sauce should thicken up a bit.

Boil the kettle. Chop the coconut block and add to the pan, along with about 150ml of hot water (or as needed for the thickness of sauce you prefer). Add the spinach.

Reheat until just about boiling, then turn off.