



Lamb Kheema with Green Peas and Fresh Mint

Recipe courtesy Mona Vasudev

Total Time: 1 hr 20 min

Prep: 20 min | Inactive Prep: 30 min | Cook: 30 min

Level: Easy

Yield: 6 servings

INGREDIENTS

1/2 cup fresh coriander leaves

1 1/2 inches fresh ginger, peeled

6 cloves garlic, peeled

1 1/2 pounds ground lamb

2 teaspoons salt

1 teaspoon ground coriander

1 teaspoon ground cumin

1/2 teaspoon chili powder

1/2 teaspoon turmeric powder

2 tablespoons canola oil

1 yellow onion, finely chopped

1 tomato, finely chopped

1 teaspoon garam masala

1/2 cup frozen green peas

Juice of half a lime

Chopped fresh mint, for garnish

2 hard-boiled eggs, sliced, for garnish

Cook's Note: Coriander leaves are also referred to as cilantro leaves. Garam masala can be found at specialty Indian grocery stores.

DIRECTIONS

To a blender, add the coriander, ginger and garlic. Blend them into a paste.

In a large bowl, combine the ground lamb and the blended paste. Then add the coriander, cumin, chili powder and turmeric powder. Mix this well, and set aside for 30 minutes.

In a pan, heat the canola oil over medium heat. Add the onions and tomatoes and fry them until the onions are golden brown and the tomatoes have broken down. Add in the marinated ground lamb mixture and fry until the meat is browned.

Add in the garam masala and 1/2 cup of water and cook the lamb on medium heat for 15 minutes. Then add in the green peas and lime juice. Cover the pan and cook for another 5 minutes. If too much water evaporates while cooking, add in a little more.

Garnish with chopped mint and sliced hard-boiled eggs.

NotesA viewer or guest of the show, who may not be a professional cook, provided this recipe. The Food Network Kitchens chefs have not tested this recipe and therefore, we cannot make representation as to the results.

© Recipe courtesy Mona Vasudev

Printed on November 4, 2013 from <http://www.cookingchanneltv.com/recipes/lamb-kheema-with-green-peas-and-fresh-mint.print.html>

