



bit spicy

Bhuna Keema

Bhuna Keema is a minced lamb recipe where the meat is cooked with spices, garlic, ginger and lots of onion. There are lots of variations of what is a fairly simple dish, but the meat is cooked in its own juices with very little extra liquid added. We used a teaspoon of garam masala for added flavour, but you can also add just a teaspoon each of turmeric and a good quality chilli powder (such as a kashmiri one). The main flavour comes from adding fresh mint and coriander, and of course the lamb itself. **serves 4**

- 500g lamb mince
 - 3 onions, sliced
 - 2 tbsp vegetable oil
 - spices (see above or go for your own option!)
 - 1 tsp grated ginger
 - 3 cloves garlic, crushed
 - 4-6 green chillies, finely chopped
 - 6 mint leaves and a handful of coriander, finely chopped
 - 2 tbsp lemon juice, plus more to taste
 - 1 tsp salt
 - 125 ml water
1. Heat the oil in a large pan and fry the onions until well cooked (brown rather than golden). Remove.
 2. Add the lamb to the pan with the spices and cook on a high heat until browned. Add the chillies, garlic and ginger and stir, cooking for a few minutes still on a high heat.
 3. Add the water and simmer for about half an hour.
 4. Stir in the lemon juice, herbs and salt to taste.
 5. Serve in a bowl with plain rice or, even better, some roti or naan to soak up the juices.