



Ingredients:

1 kg lamb leg, cut into pieces

½ tsp salt

½ tsp pepper

2 onions chopped

4 tsp crushed garlic

4 Tbsp tomato paste

250g cubed butternut

1 potato cubed

2 carrots sliced

½ cup peas

¾ cup grape/apple juice

3 cups vegetable stock

Juice of 1 orange

3 tsp dana jeeru

1-2 tsp chilli powder

5 Tbsp tomato sauce

Handful of chopped mint

Method:

Season the meat with the salt and pepper.

Heat a little oil in a pot. Add the meat and braise till brown.

Add the onion, tomato paste and garlic. Cook for 5 minutes.

Add the rest of the ingredients besides the peas and mint.

Simmer on low till tender. Add the peas in the last 5 minutes of cooking.

Adjust the seasoning if needed.

Garnish with the chopped mint. Serve with fresh rolls.