



Railway lamb curry with cumin rice - Nisha Katona

Railway lamb curry, so named as it was once cooked by the chefs working on the Indian railways in the 1900's. Packed full of flavour and served with cumin rice it's a guaranteed crowd pleaser. This curry contains carrots and carrots are the food of choice for athletes as they maintain hydration. This is attributed to Potassium, the mineral that maintains healthy electrolyte levels in the body and helps the muscles retain water. Carrots are the food of choice for athletes as they help beat cramps and spasms that hamper performance.

Serves: 4, Prep time: 00:15, Cook time: 01:00

Instructions

For the Lamb curry:

1. Put the vegetable oil in a large heavy-based pan over a medium high heat.
2. When hot, add the onion, ginger and garlic and cook for 8 minutes until the onions have softened and turned golden brown.
3. Add the carrots and potatoes, turn up the heat and toss for 3-4 minutes.
4. Add the lamb and brown it off.
5. Add the garam masala, bay leaves, cumin powder, ground turmeric and chilli powder and fry for 2 minutes.

Ingredients

- 3 tablespoon Olive oil
- 2 Onions, Finely sliced
- 25 grams Ginger, Fresh, peeled and grated (1 oz)
- 5 Garlic, cloves, peeled and minced
- 3 Carrot, peeled and halved
- 4 Potato, white, peeled and quartered
- 700 grams Lamb leg, diced (1 lb 8.5 oz)
- 2 tablespoon Garam Masala
- 3 Bay leaves
- 1 tablespoon Cumin powder
- 1 teaspoon Turmeric, ground
- 1/2 teaspoon Chilli powder

6. Add the chopped tomatoes, water, salt, sugar, and chilli. Give everything a good stir together, then turn the heat down to low, cover and simmer on a low heat for 50 minutes, or until the lamb is very tender and the vegetables turn soft.

7. Serve with the cumin rice.

For the Cumin rice:

1. In a small saucepan add the oil and once it is hot, add the cumin seeds and fry until they turn dark brown. Then throw in your rice and toss the grains in the oil. Turn the heat to medium low and add the water.

2. Simmer gently until the rice has nearly absorbed all the water. Put the lid on tightly and switch off the heat. Leave for 10 minutes and the rice is done.

3. Garnish the rice with pomegranate seeds and sliced ginger.

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- 400 grams Chopped tomatoes, tin/can (14 oz)
- 200 milliliters Water (7 oz (U.S.))
- 1 pinch or to taste Sea salt
- 1 Green chilli (large), deseeded and thinly sliced
- 2 tablespoon Olive oil
- 1 teaspoon Cumin seeds
- 300 grams Basmati rice (10.5 oz)
- 600 milliliters Cold water (20.5 oz (U.S.))