



Tandoori Lamb with Bombay Potatoes

Recipe from *LIVE LIFE COOK* by Aveo's Executive Chef John Casey

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SERVES: 4 PREP TIME: 40 MINS COOKING TIME: 30 MINS

INGREDIENTS

2 tbs tandoori paste
½ tbs honey (optional)
Juice of 2 lemons
1 tbs natural yoghurt
8 lamb fillets
2 lemons, juiced
500g chat potatoes, quartered
300g pumpkin, diced
Olive oil
1 tsp black mustard seeds
2 tsp mild curry powder
1 tsp garam masala
2 tsp grated ginger
125g cherry tomatoes
100g baby spinach
Handful mint
Handful basil
Yoghurt, to serve
Mango chutney,
to serve (optional)
4 papadums,
to serve (optional)

METHOD

Combine tandoori paste, honey, the juice of 1 lemon and yoghurt in a large dish. Add the lamb, turning to coat. Cover with cling film and place in the fridge to marinate.

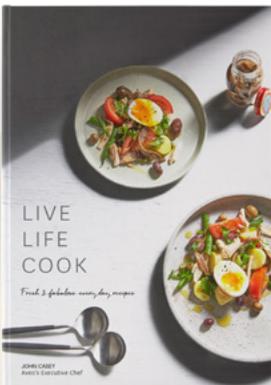
Place potatoes in a pot of salted water. Bring to the boil, then lower to a simmer and cook for 5 minutes. Add pumpkin to the pot and cook until tender. Drain and set aside.

Heat some olive oil in a large frying pan over medium heat. Add mustard seeds, stirring continuously for 1 minute or until the seeds start to pop. Add the curry powder, garam masala, ginger, pumpkin and potatoes. Stir for 2–3 minutes or until the potatoes start to crisp. Add the tomatoes and spinach. Continue cooking for 2–3 minutes or until spinach has wilted. Remove from heat and set aside.

In a separate pan, heat the olive oil over medium-high heat. Cook the lamb for 4–5 minutes on each side. The outside should be slightly charred but the lamb should still be pink in the centre.

Finely chop the mint and basil. Stir the herbs and remaining lemon juice through the yoghurt.

Serve lamb with Bombay potatoes and mint yoghurt on the side. Add papadums and mango chutney if desired.



LIVE LIFE COOK

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By Aveo's Executive Chef **JOHN CASEY**
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