

# TIKKA MASALA LAMB CHOPS

PREP TIME 10 MIN | COOK TIME 20 HOURS | SERVES 10

## Method

1. Heat half the olive oil in a large wok or frying pan over medium high heat. Add garlic, ginger and onions. Cook for 3-4 minutes until softened. Add Tikka Masala curry paste and sugar. Cook for 2-3 minutes, stirring constantly. Add coconut cream, bring to the boil, and reduce heat to a simmer. Add tomatoes and cook for 2-3 minutes.
2. Heat a char-grill over medium-high heat. Using a rosemary brush, baste lamb chops with remaining oil. Cook chops for 4 minutes on each side, or until cooked to your liking. Set aside on a plate covered loosely with foil to rest.
3. Place tikka masala sauce onto plate, top with Lamb chops, sprinkle with almonds and coriander sprigs. Serve with roti, raita, spiced greens and rice.

## Ingredient List

### Lamb

- 1.6 kgs lamb loin chops, fat trimmed

### Other Ingredients

- 40mls olive oil
- 10g garlic, crushed
- 15g fresh ginger, finely grated
- 100g brown onions, thinly sliced into wedges
- 200g tikka masala curry paste
- 15g dark brown sugar
- 800mls coconut cream
- 500g cherry tomatoes, halved
- 60g slivered almonds, toasted
- 30g coriander sprigs

### Serving Suggestions

- Roti, spiced greens and rice

## Tips

- Swap loin chops for forequarter chops or lamb cutlets.
- Serve with pappadums instead of roti.



Pro Tips Lamb Series