

# NAUGHTY'S LAMB AND SPINACH EXTRAVAGANA

## WHAT YOU'LL NEED:

### FEEDS A FAMILY OF 4

- 2 litres of water
- 2 kilos of spring lamb on the bone
- 2 500g bags of spinach
- 1 tablespoon Naughty's garam masala
- 1 tablespoon of cumin powder
- 1 tablespoon chilli powder
- 1 teaspoon turmeric
- 1 tablespoon coriander powder
- ½ teaspoon salt to taste
- 4 bullet green chillies
- 4 salad tomatoes – cut into 6 strips
- Bunch of fresh coriander
- Pinch of fresh mint
- 2 carrots
- 4 red onions sliced
- 2 white onions diced
- 5 garlic cloves
- 1 tablespoon fresh ginger paste
- 1 tablespoon mango pickle oil - combine with extra virgin olive oil
- 1 tablespoon cumin seeds
- 4 whole chapatis or 1 bag of plain white rice



## MAKE IT THE NAUGHTY WAY:



Begin by prepping your ingredients



Wash the lamb



Finely chop the chillies



Cut the tomatoes into 6 strips



Chop your coriander and mint



Peel the carrots and chop into 4 long quarters



Slice the red onions



Dice the white onions



Heat a large pan on a medium to high heat, adding the mango pickle oil and extra virgin olive oil



Roast the cumin seeds in the oil



Next place the lamb in the pan and coat with half a tablespoon of the garam masala



Sear the lamb for around 10 minutes



Next add the crushed garlic, ginger, chilli powder, turmeric, chillies, tomatoes, carrots and mint and allow to sauté with meat for another 10 minutes



Add two litres of water to the pan and place the lid on, bringing to a boil before reducing the heat to let simmer for around 1 hour and a half



After an hour of simmering, in a separate pan sauté the onions until dark brown but not burnt



With 15 minutes to go, add the spinach, onions and coriander to the pan and then season with the remaining garam masala and salt



After the hour and a half, take the pan off the heat and allow to rest for around an hour



Naughty Boy recommends dishing this up with whole chapatis or plain boiled rice – serve and enjoy!

