

# Quick Lamb Curry

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Sometimes I want to spend hours and hours making a meal, but mostly I rather get something together quickly, but without compromising on taste.

That's particularly true on a Friday evening after a long week. So a quick curry was just what the doctor ordered.

## Ingredients

- Lamb steaks, cubed
- Onion, finely chopped
- Chilli, finely chopped
- 3 cardamom pods
- 1/2 tsp coriander seeds
- 1/2 tsp cumin
- 1/2 tsp turmeric
- Fresh coriander



## Method

Fry the meat in a little oil until the cubes are browned. Add the onion and chilli to the pan and continue to cook for about 5 minutes.

Add the spices and stir occasionally for 10-15 minutes.

Serve with freshly chopped coriander, either over rice or couscous.