

LAMB SAAG



Category: Fish and meat
main courses

Created: on 2020-09-15
Qualified by: Supercook AUS
Suggested by: Amanda _66
Total preparation time:
78:45 Minutes

Suitable for machine:
- SUPERCOOK SC110
- SUPERCOOK SC250
- Supercook SC300
- Supercook SC350
- Supercook SC400

INGREDIENTS FOR 4 SERVES

1 piece	long chill, fresh
240 gram	baby spinach
10 sprig	coriander, fresh
40 gram	Ghee
1 teaspoon	fennel seeds
400 gram	Brown Onion, cut into quarters
2 tablespoon (AUS 20ml)	garlic paste
1 tablespoon (AUS 20ml)	Ginger paste
1 tablespoon (AUS 20ml)	ground cumin
1 tablespoon (AUS 20ml)	ground coriander
1 tablespoon (AUS 20ml)	garam masala
1/2 teaspoon	chilli powder
300 gram	canned tomatoes
800 gram	boneless lamb shoulder, cut into 3cm cubes
1 teaspoon	salt
1/2 teaspoon	black pepper

STEP BY STEP - PREPARATION

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