



## Roasted Leg of lamb in vandadoo sauce

NIBBLEDISH CONTRIBUTOR

### Ingredients

450g lamb leg  
2 tbsp vinegar  
1 tsp coriander paste  
1/2 tsp cumin paste  
1 tsp ground turmeric  
1/2 tsp ground mustard seeds  
2 tsp hot chilly powder  
1/2 tsp freshly-ground black pepper  
45g onions, finely diced  
1 tsp garlic, finely chopped  
3 green chillies, finely chopped  
1 tsp salt  
60ml oil

### Instructions

1. Heat the oil in a wok and use to stir-fry the onions and garlic for about 3 minutes.
2. Add the vinegar and spices and stir fry for a further 3 minutes over medium-high heat then add the meat and fry for 2 minutes before cooking, covered, for about 40 minutes, or until the meat is tender.
3. Bake the leg in the oven or grill until golden for another 1/2 hour or so.
4. Serve with rice or bread

#### NOTE:

you can thinly slice and sandwich with bread, add on salad and extra of the sauce.  
Yummy!!

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