



Roasted Leg of lamb in vandaroo 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!!
