

## **YEAR 9    FOOD MODULE 1**

### **LAMB ROGAN JOSH**

#### **INGREDIENTS**

225g lean lamb leg steaks or chicken breasts  
1 onion  
2 tomatoes  
1 clove garlic  
1 x 5ml spoon oil  
2 x 15ml spoons Rogan josh curry paste  
200g can chopped tomatoes  
1 x 15ml spoon fresh coriander (optional)

#### **METHOD**

- 1 Slice the lamb / chicken
- 2 On a clean chopping board with a fresh knife slice the onion, cut the tomatoes and crush the garlic
- 3 Heat the oil in a large pan and add the lamb / chicken and cook for 3-4 minutes
- 4 Add the Rogan josh curry paste, sliced onion and garlic and cook for a further 2 minutes
- 5 Add the canned and fresh tomatoes and cook for a further 2 minutes
- 6 Chop the coriander
- 7 Stir in the coriander
- 8 Serve with nan bread or rice

#### **TOP TIPS**

Replace the fresh tomatoes with thinly sliced courgettes and peppers

Cook plenty and you can freeze some for a rainy or busy day