

Chicken or Lamb Dopiazza

- 1 tablespoon coconut oil
- 2 Small onions peeled and cut into rings
- 500mls of your base curry sauce (see separate recipe in stocks and sauces)
- 1 teaspoon curry powder
- 450g cooked lamb or cooked chicken. (you could slow cook this earlier)
- 1 teaspoon ground cumin
- 1 teaspoon garam masala
- ½ teaspoon ground coriander
- ½ teaspoon dried fenugreek
- 1 tablespoon fresh coriander

Heat oil in a pan and add the sliced onions, fry until transparent. Pour in your curry sauce, mix well and simmer.

Stir in chilli powder and lamb. Simmer for 10mins, stirring occasionally.

Stir in the garam masala, cumin, ground coriander and fenugreek. Continue to cook for 3-4 mins.

Skim off any excess oil and sprinkle with fresh coriander.

Serve over some quinoa

