

## **Mrs Ross' Choice - Healthy Eating Recipes –**

### **Rogan Josh**



**Ingredients** - 225g lean lamb leg steaks or neck fillet, cubed. 1 clove garlic, crushed. 5ml oil. 200g can chopped tomatoes. 30ml Rogan Josh curry paste. 1 onion, sliced. 2 tomatoes, cut into wedges. 15ml fresh coriander, chopped.

**Method** 1. Slice the onion and cut the tomatoes. 2. Heat the oil in a large pan and add the cubed lamb. Cook for 5 minutes. 3. Add the Rogan Josh curry paste, sliced onions and garlic. Cook for a further 5 minutes. 4. Add the canned and fresh tomatoes and cook for a further 5 minutes. 5. Stir in the fresh coriander and serve the Rogan Josh with boiled rice, naan bread and a side salad.

*Taken from [www.flourandgrain.com](http://www.flourandgrain.com)*