

## Rogan Gosh

Serves 4

A popular dish in Indian restaurants.

### Ingredients:

- 1kg stewing lamb cut into 2 inch squares;
- 3 onions diced fine;
- 1 cup tomato paste;
- 4 table spoons Himalaya Tikka Masala; Six cardamoms.
- Four green chilies.
- Salt to taste

**Method:** Brown lamb in 1/2 cup vegetable oil; Drain excess fat. Add onions and fry for a while; Add Tikka masala, tomato paste and cardamoms; Add 1 cup water. Cook until meat is tender and continue to cook until the gravy thickens. Serve with nans or a baguette.