

Lamb or Pork Vindalo

Serves 6

Ingredients:

- 1 kg meat, (leg portion)
- 4 tablespoons vegetable oil
- 1 cup onion, diced
- 3 tablespoons Himalaya Gourmet Vindalo Masala (paste)
- 1/2 cup water

Method: 1. Trim off excess fat from the leg & cut into two inches cubes. 2. Heat vegetable oil in a large pan on medium-high heat. When oil is hot, add lamb/pork cubes and allow to brown on all sides. Lower heat to medium-low and add diced onion. Cook until onions are soft and lightly browned, about 4 minutes. Add Vindalo masala and ½ cup water. Cover and simmer for half an hour. Check periodically to be sure there is enough liquid in the pan and there is no scorching. Add more water as needed. Add salt to taste.