

TIKKA MASALA LAMB LOIN CHOPS

A delicious Indian-inspired lamb dish. Recipe supplied by Australian Lamb.

EASY	10 MINS	20 MINS	4

Ingredients

- 8 lamb loin chops
- 1 tbsp vegetable oil
- 1 brown onion
- 1/2 cup tikka masala curry paste
- 4 cm piece ginger
- 2 garlic cloves
- 400ml can light coconut cream
- 1 tsp brown sugar
- 250 g baby tomatoes
- 80 baby spinach
- 2 tbsp toasted slivered almonds
- 1/3 cup coriander sprigs
- steamed green beans
- basmati rice
- naan bread or roti

Instructions

1. Lightly spray char-grill pan with oil and heat over medium-high heat. Cook chops for 3 to 4 minutes on each side, or until cooked to your liking. Set aside on a plate covered with foil to rest.
2. Meanwhile, heat oil in a large non-stick frying pan over medium heat. Cook onion for 3 to 4 minutes or until softened. Add curry paste, ginger and garlic and cook for 1 minute or until fragrant. Stir in coconut cream, sugar and ½ cup (125ml) water.
3. Bring to the boil and then reduce heat to low. Add tomatoes and cook for 2 to 3 minutes or until softened. Stir through spinach.
4. Place chops onto plate, spoon over curry sauce and sprinkle with almonds and coriander sprigs. Serve with beans, basmati rice and naan or roti bread, if desired.