

**MINTY LAMB CURRY**

From Neil Hedge

Ingredients:

50gm butter  
1 large onion very finely chopped  
1 tablespoon ground coriander.  
1 teaspoon ground cardamom  
1 teaspoon crushed fennel seeds  
14oz can chopped tomatoes with the juice  
1 teaspoon salt  
1 teaspoon sugar  
1 tablespoon of mint sauce  
150ml water  
450gm diced lamb

Method:

Thoroughly mix all the ingredients and place in an ovenproof casserole dish.

Put in a 180degree oven for 1½ hrs, stirring twice

Serve with mashed potatoes and vegetables – easy!