



rosemary marinated lamb stew

With the fondest memories of my Johannesburg trip in mind, my rosemary marinated lamb stew is a recreation of one of the dishes I most enjoyed when I was down south. <3

Ingredients

4 new potatoes, peeled and cubed	Salt to taste
2 carrots, cubed	1/2 a kg of lamb
1 tablespoon of black pepper	5 cloves of garlic
4 cloves of garlic, minced	1 cup of plain yogurt
Bay leaves (1, dried)	1 tablespoon of sea salt
1/2 a tablespoon of fresh rosemary	2 tablespoons of fresh rosemary
1 tablespoon of tomato paste	2 tablespoons of finely chopped mint
1 red onion, finely chopped	1/2 a cup of fresh coriander, chopped
1 large tomato, finely chopped	1/2 a teaspoon of chili paste
Fresh coriander, finely chopped	

Method

In a container, add your cubed lamb, together with your marinade ingredients. Mix it all up until completely combined and allow it to sit refrigerated for 24 hours or up to 48 hours.

In a pan, add your chopped red onion and garlic and sautee until softened. Add the tomatoes and tomato paste along with 1/4 cup of hot water and let this simmer for about 5 minutes until all the ingredients meld. Add the potatoes and after 5 minutes, add your lamb.

Cover with a lid and let this simmer on medium high heat for about 10-15 minutes. Three minutes before serving, add your carrots. Once the time has lapsed, garnish with your freshly chopped coriander and serve.



SERVE WITH: starch of choice ☺



This recipe was brought to you by Kaluhi's Kitchen from: <http://www.kaluhiskitchen.com/rosemary-mint-marinated-lamb-stew/>