

Lamb Curry in a Hurry

Ingredients

- 200g (7oz) lean Scotch Lamb i.e. neck fillet or leg steaks, cut into thin slices
- 2 tbsp olive oil
- 1 red onion, halved and sliced
- 2 tsp ready prepared ginger from a jar
- 1 tsp ready prepared chillies from a jar
- 1 tsp ready prepared garlic from a jar
- 1-2 tsp Garam Masala or mild curry powder
- 3 ripe tomatoes, chopped or 200g can chopped tomatoes
- 3 tbsp natural yoghurt
- Fresh herbs or shredded cucumber, to garnish

