

# tamarind-chilli lamb cutlets

preparation time: 20 minutes

cooking time: 35 minutes

chilli rating: medium

difficulty level: medium

Serves: 4 as a starter

## ingredients

½ cup vegetable oil  
6 brown onions, thinly sliced  
1 tsp salt  
½ tsp mustard powder  
1 tsp fresh ginger, grated  
3 medium-sized potatoes, sliced  
8 lamb cutlets  
2 tsp tamarind concentrate  
1 tsp chilli powder  
3 fresh green chillies, slit lengthways  
1 brown onion, thinly sliced, to serve  
½ bunch fresh mint, finely shredded, to serve



## method

In a heavy-based frying pan, heat oil over medium-low heat. Add the onions and salt, and cook, uncovered, until the onions are softened (about 10–15 minutes).

Raise the heat to high and add the mustard powder and ginger. Cook, stirring, for 1 minute. Add the potatoes and cook, turning frequently, until lightly golden (about 5 minutes). Add the lamb cutlets, and cook, turning once, until browned on both sides (about 1–2 minutes on each side).

Cover pan, reduce the heat to low and cook until the lamb is tender (about 5–6 minutes). Transfer lamb to a plate.

Add the tamarind and chilli to the pan and mix gently so it is mixed with the potatoes and other spices. Cover and cook, turning the potatoes once, until golden brown and cooked through (about 5–10 minutes).

Return lamb to the pan and add the green chillies. Toss gently until combined.

Serve immediately, garnished with the onion and mint.

## Ajoy's tips

This recipe uses the three basic flavours essential to Indian cooking: salty, spicy and sour. The lamb marries beautifully with the salt, chilli (spice) and the tamarind provides the sourness. Click [here](#) to read more about this in [Ajoy's Blog](#).

Tamarind concentrate is available in jars from Indian and Asian grocery stores as well as good supermarkets.

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