INDIAN · DINNER

Lamb Keema Matar (Mince and Pea Curry)

60 min · Serves 6 · 328 kcal a serve · Video 6:31 · Curries With Bumbi

Gluten-free ingredients · Dairy-free · Nut-free

A homely mince curry stretched with potatoes and peas: one serve gives about 17 g of protein, is rich in vitamin B12 and zinc, and the peas, potatoes and tomato add fibre and some vitamin C.

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Ingredients 21 · SERVES 6

- [ ] 1 lb **ground lamb**
- [ ] 6 oz **onion**, chopped
- [ ] 9 **garlic** cloves (¾ oz)
- [ ] 1 oz (2-inch piece) **ginger**
- [ ] 1 **green chilli**, for the paste
- [ ] 3–4 tbsp **oil**
- [ ] 1 **dry bay leaf**
- [ ] 1-inch **cinnamon** stick
- [ ] 3–4 **green cardamoms**
- [ ] 1 tsp **turmeric powder**
- [ ] 2 tsp **Kashmiri red chilli powder**
- [ ] 1 tbsp **ground coriander**
- [ ] **Canned tomatoes**: 1/2 cup canned crushed tomatoes or tomato puree
- [ ] 1 tsp **salt**
- [ ] 11 oz (2 medium) **potatoes**, cubed
- [ ] 1 tsp **garam masala powder**
- [ ] 1¼ cups **hot water**
- [ ] 2 tsp **sugar** (optional)
- [ ] 1/2 cup **frozen green peas**, thawed
- [ ] 4 whole **green chillies** (optional)
- [ ] chopped **coriander leaves** (cilantro), to garnish

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Contains: none of the common allergens in the listed ingredients. Check labels on stock, sauces and spice mixes.

Method TIMES = THE MOMENT IN THE VIDEO

1. Blend the ginger, garlic and one green chilli with a few tablespoons of water to a fine paste. 0:16
2. Heat the oil in a pan over medium heat, add the bay leaf, cinnamon and cardamom for a few seconds, then the onions with a pinch of the salt. Cook until golden, then stir in the paste for about a minute. 0:37
3. Add the lamb, raise the heat to medium-high and keep spreading and folding it until the juices dry up and oil appears at the sides. 1:16
4. Stir in the turmeric, chilli powder and ground coriander with a splash of water, then the crushed tomatoes and salt. Cover partly and cook 5 minutes, stir, then cook 10 minutes more until the oil floats. 2:00
5. Add the potatoes and garam masala and fry 4–5 minutes. Pour in the hot water, add the sugar, cover and cook on low for 20 minutes, stirring now and then. 3:30
6. Remove the bay leaf and cinnamon, add the whole green chillies and peas, scatter over coriander, cover for 2 minutes and serve. 5:03

> **Tip** Serve with roti, naan or steamed rice. Use lean lamb or beef mince to make it lighter. The potatoes are optional if you prefer it without.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 6 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
328 kcal	**17 g**	**21 g**
1,370 kJ	35% of a day	18 g net · 5 g sugars
		8% of a day

FIBRE	FAT	SODIUM
3.6 g	**20 g**	**470 mg**
13% of a day	5.2 g saturated	20% of a day
	25% of a day	

Energy from net carbs 22% · protein 21% · fat 57% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Vitamin B12 61% · Omega-3 59% · Zinc 30% · Selenium 28% · Vitamin B6 23% · Iron 20%

Source of (10–19%) Vitamin C 19% · Vitamin K 16% · Potassium 15% · Vitamin E 15% · Magnesium 12% · Folate 11%

Recipe and video: Curries With Bumbi (@CurriesWithBumbi) on YouTube — youtube.com/watch?v=ylkuJzq7EGc, published 16 April 2021. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/lamb-keema-matar-potatoes