



Healthier lamb bhuna Free Recipe 31032025

Description

Recipe

Healthier lamb bhuna

[Banzai Japan MV](#)

https://www.youtube.com/watch?v=k_vQsyC_F1A **Shopping List**

Fruit and vegetables

1 heaped tsp ground [coriander](#)

small handful of [fresh coriander](#), finely chopped, to garnish

6 [garlic](#) cloves, grated

2.5cm/1in piece fresh root [ginger](#), finely grated

2 [onions](#), finely chopped

1 red [pepper](#), halved, cored, seeds removed and cut into 2cm/³/₄in pieces

1 green [pepper](#), halved, cored, seeds removed and cut into 2cm/³/₄in pieces

Tins, packets and jars

500g/1lb 2oz cooked [brown rice](#) (freshly cooked and drained or 2 pouches), to serve

400g tin [chopped tomatoes](#)

Cooking ingredients

sea salt and freshly ground [black pepper](#)

6 green [cardamom](#) pods, lightly crushed

1–2 tsp hot [chilli powder](#) (depending on how hot you like it)

1 [cinnamon](#) stick

4 [cloves](#)

3 tsp [garam masala](#)

1 tbsp [vegetable oil](#)

Dairy, eggs and chilled

4 tbsp fat-free, Greek-style [yoghurt](#), to serve

Meat, fish and poultry

800g/1lb 12oz [lamb neck](#) fillet, cut into 3.5cm/1½in chunks

Other

200ml/7fl oz [lamb stock](#)

<https://youtu.be/RR8YYeb4PMk?si=KmCkolvULfrlxyK9>

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