

Healthier lamb bhuna Free Recipe 31032025

## **Description**

### Recipe Healthier lamb bhuna

Banzai Japan MV

watermark F142 https://www.youtube.com/watch?v=k\_vQsyC\_F1AShopping 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

# 4 tbsp fat-free, Greek-style yoghuff, to serve

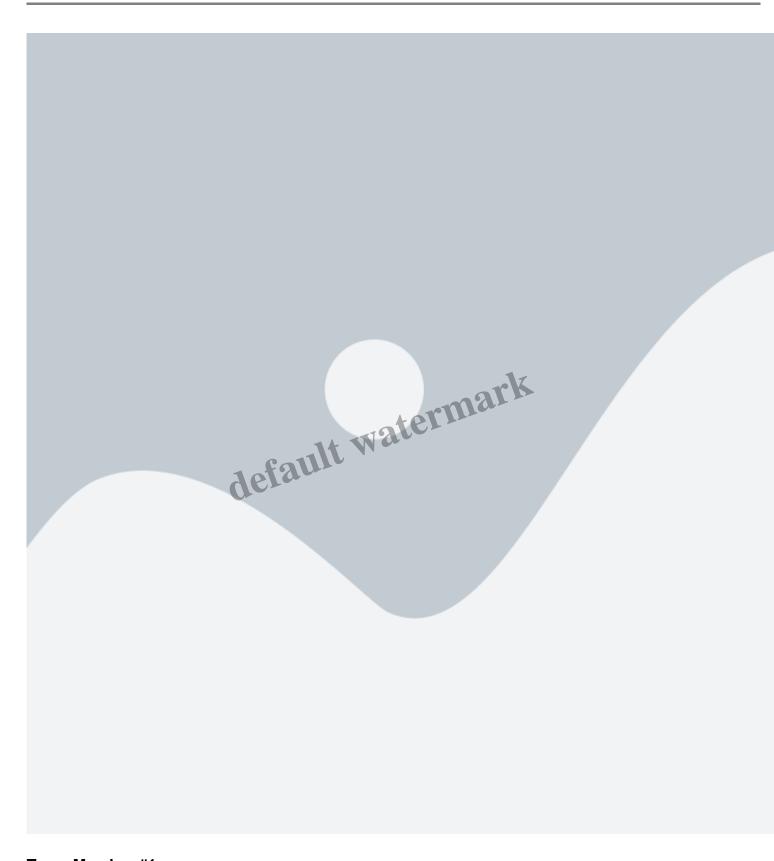
# Meat, fish and poultry

800g/1lb 12oz lamb neck fillet, cut into 3.5cm/11/2in chunks

## **Other**

200ml/7fl oz lamb stock

https://youtu.be/RR8YYeb4PMk?si=KmCkolvULfrlxyK9 **Book Novotel Hotel** 



WordPress Developer

Enter member description here which describes the position of member in company

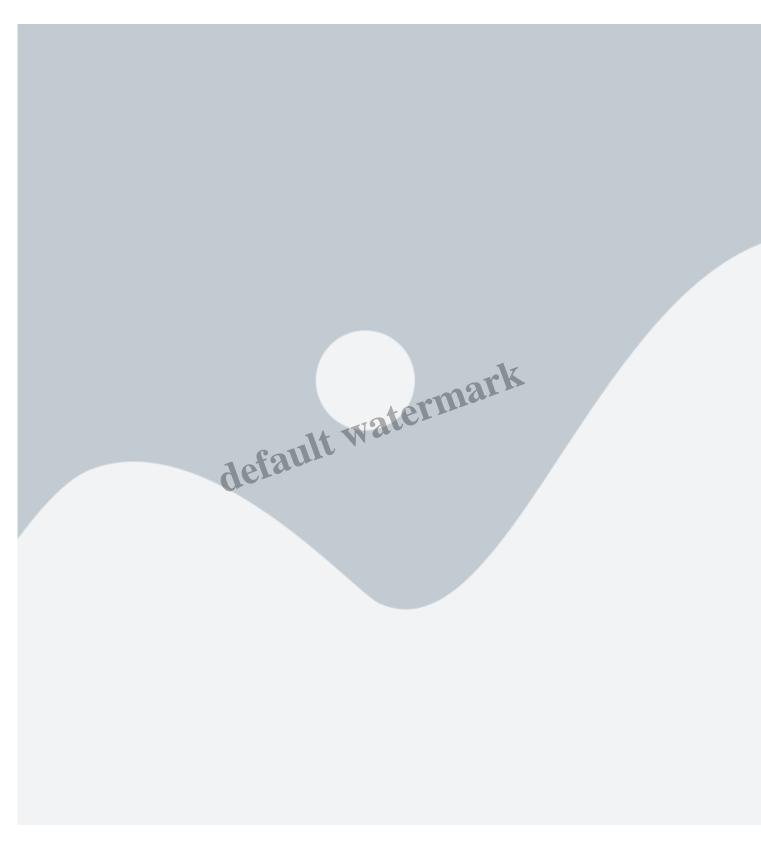


WordPress Developer

Enter member description here which describes the position of member in company

•







Enter member description here which describes the position of member in company



**Testing Engineer** 

Enter member description here which describes the position of member in company

Mion Music Video - Home Page

### Category

- 1. Bangladesh
- 2. Country

#### **Tags**

- 1. Egg-free
- 2. Healthier lamb bhuna
- 3. Nut-free
- 4. Pregnancy-friendly

Date Created March 31, 2025 Author admin

