



Spicy Lamb Navarin

You will need

2 tablespoons oil
5 medium onions, peeled
1 kg boneless lamb, cut into small cubes
2 garlic cloves, crushed
1 tablespoon plain flour
1 tablespoon tomato paste
4 cups/1 liter water
2 medium carrots, peeled and cubed
1 medium potato, peeled and cubed
1 cup peas
 $\frac{3}{4}$ teaspoon black pepper
 $\frac{3}{4}$ teaspoon white pepper
1 $\frac{1}{2}$ teaspoon red chilies, crushed
Salt to taste

For Cook

Heat oil in a large pan, add onions and cook over medium heat until lightly brown, remove the pan from the flame.
Add the meat and cook over medium heat for 5 minutes or until lightly browned, add the garlic, flour and tomato paste and cook, stirring for 2 minutes. Add the chicken stock and bring to boil.
Add all the spices. Cover and let it simmer until the meat is almost tender.
Add the carrots, potatoes and peas and cook until they are crispy tender.
Serve hot with rice.

4-5 servings, Total cooking time 1 hr