



FEEL THE HEAT

Tantalise your taste buds with this deliciously spicy menu

SLOW-COOKED ROGAN JOSH LAMB SHANKS

(Serves 4-6)

CHILLED

- 4-6 lamb shanks

FRESH

- 10 small onions
- 3 cloves garlic
- 2 bay leaves
- coriander
- sambals

STORE CUPBOARD

- 30ml oil
- 30ml paprika
- 45ml-60ml ready-made rogan josh curry paste
- 410g tin diced tomatoes
- 410g tin tomato purée
- 750ml lamb or beef stock
- 1 cinnamon stick
- basmati rice
- chutney
- salt and milled black pepper

SOUTH AFRICAN
GARDEN AND HOME