



bit spicy

Mauritian Curry

This simple but delicious recipe uses our [Sambhar spice blend](#). This is a tangy, medium heat spice which goes really well with tomatoes and lamb. We added potatoes and spinach but you can try whatever you like!

Ingredients:

- 1 carton [Sambhar](#) spice blend
- 700g lamb (try neck or leg), cut into large bite-sized pieces
- 2 tbsp vegetable oil
- 300ml [secret sauce](#)
- 1 can chopped tomatoes
- 1 can chickpeas, drained
- 500g cooked potatoes, chopped into bite-sized pieces
- 2 handfuls fresh spinach, roughly chopped

Recipe:

1. Heat the oil in a large casserole and quickly fry the meat until browned. Add the spices and ensure the meat is fully coated with them.
2. Add the secret sauce and tomatoes, bring to the boil, cover and simmer for an hour. Leave to cool for finishing later if required.
3. Add the chickpeas and continue to cook gently until the meat is tender, then stir in the potatoes to warm through.
4. 5 minutes before serving add the spinach, stirring until wilted.
5. Serve with rice or flatbread.