



MCHUZI WA KABABU [LAMB KOFTA CURRY]

LAMB KOFTAS

250 g lamb mince (you can also use beef mince)
1 tsp garlic paste
½ tsp ginger paste
1 tsp ground coriander
¼ tsp ground turmeric
¼ tsp red chilli powder
¼ tsp salt
¼ cup chopped fresh coriander

CURRY

2 Tbsp oil
4 whole cloves
4 whole black peppercorns
3 cardamom pods
1 red onion, finely chopped
5 large tomatoes, grated
1 tsp ground cumin
1 tsp ground coriander
1 tsp curry powder
1 tsp garam masala

¼ tsp ground turmeric
1 tsp garlic paste
½ tsp ginger paste
1 Tbsp tomato purée or paste
½ tsp lemon or lime juice
¼ tsp salt
1 cup water
fresh coriander and lemon zest for garnishing

1. First make the lamb koftas. Wash the lamb mince and place in a strainer to drain any excess water. Transfer to a mixing bowl and add the rest of the ingredients. Combine using a spatula. Roll the mixture into smooth 7.5 cm balls using the palms of your hands.
2. To make the curry, heat the oil in a large saucepan over medium heat and add the cloves, black peppercorns and cardamom pods. Sauté for 1 minute or until the spices start to crackle.
3. Add the onion and sauté until it just starts to brown.
4. Add the rest of the ingredients, except the water and garnish. Mix well, cover the pan with a lid and simmer for approximately 3 minutes.
5. Add the water and simmer for a further 5–7 minutes.
6. Now gently drop the meatballs into the curry, spacing them to make turning the meatballs while cooking easier. Cook, covered, over low heat for approximately 8 minutes, gently turning the meatballs after 4 minutes to allow for even cooking.
7. Garnish with fresh coriander and lemon zest and serve with steamed rice.

NOTE: Meatballs larger than 5 cm are easier to handle. Covering the saucepan will ensure the meatballs cook through, especially if they are large.

| Serves 2