

Lamb Curry with Peas

Shopping List:

Protein

- ☐ 2 pounds lamb stew meat

Pantry

- ☐ Kosher salt and freshly ground pepper
- ☐ 1/4 cup vegetable oil
- ☐ 4 green cardamom pods
- ☐ 1 1-inch piece cinnamon stick
- ☐ 1 whole clove
- ☐ 2 teaspoons ground coriander
- ☐ 1 1/2 teaspoons ground cumin
- ☐ 1 teaspoon Kashmiri chili powder or hot paprika
- ☐ 1/2 teaspoon ground turmeric
- ☐ Cooked basmati rice, for serving

Produce

- ☐ 2 onions, thinly sliced
- ☐ 1 tablespoon grated fresh ginger
- ☐ 4 cloves garlic, grated
- ☐ 3 small plum tomatoes, diced
- ☐ 1 pound Yukon Gold potatoes, peeled and cut into 1 1/2-inch chunks
- ☐ Chopped fresh mint, for topping

Dairy

- ☐ 1/2 cup plain whole-milk yogurt

Frozen

- ☐ 1 cup frozen peas