



Healthier lamb bhuna Free Recipe 10042025

Description

Recipe

Healthier lamb bhuna

Neck of lamb is a great cut of meat to use in this easy lamb curry as it has a rich taste and cooks quickly for a shortcut slow-braised curry that's worth every calorie.

Each serving provides 752 kcal, 56g protein, 52g carbohydrate, 34g fat, 6g fibre.

Recipe tips

Allow the bhuna to cool then freeze in portions. Defrost fully overnight in the fridge, then reheat in a saucepan over a medium heat until hot all the way through.

[Banzai Japan MV](#)

https://www.youtube.com/watch?v=k_vQsyC_F1A

Shopping List

Fruit and vegetables 1 heaped tsp ground coriander small handful of fresh coriander, finely chopped, to garnish 6 garlic cloves, grated 2.5cm/1in piece fresh root ginger, finely grated 2 onions, finely chopped 1 red pepper, halved, cored, seeds removed and cut into 2cm/¾in pieces 1 green pepper, halved, cored, seeds removed and cut into 2cm/¾in pieces Tins, packets and jars 500g/1lb 2oz cooked brown rice (freshly cooked and drained or 2 pouches), to serve 400g tin chopped tomatoes Cooking ingredients sea salt and freshly ground black pepper 6 green cardamom pods, lightly crushed 1–2 tsp hot chilli powder (depending on how hot you like it) 1 cinnamon stick 4 cloves 3 tsp garam masala 1 tbsp vegetable oil Dairy, eggs and chilled 4 tbsp fat-free, Greek-style yoghurt, to serve Meat, fish and poultry 800g/1lb 12oz lamb neck fillet, cut into 3.5cm/1½in chunks Other 200ml/7fl oz lamb stock<https://youtu.be/RR8YYeb4PMk?si=KmCkolvULfrlxyK9>

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Tags

1. rice
2. tomatoes
3. cardamom pods
4. red pepper
5. Greek-style yoghurt
6. cardamom
7. pepper
8. cinnamon
9. tin chopped tomatoes
10. green pepper
11. piece fresh root ginger
12. chopped tomatoes
13. onion
14. lamb stock
15. cooked brown rice
16. brown rice
17. lamb neck fillet
18. Egg-free
19. black pepper
20. neck fillet
21. Nut-free
22. yoghurt
23. lamb neck
24. Pregnancy-friendly
25. cooked rice
26. lamb
27. Healthier lamb bhuna
28. clove
29. garam masala
30. garlic cloves
31. cloves
32. masala
33. vegetable oil
34. ground coriander
35. cinnamon stick

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- 36. fresh coriander
- 37. fresh root ginger
- 38. hot chilli powder
- 39. coriander
- 40. root ginger
- 41. chilli powder
- 42. onions
- 43. fresh ginger
- 44. hot chilli
- 45. chilli
- 46. ginger
- 47. green cardamom pods

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