INDIAN · DINNER

Lamb Rogan Josh (Kashmiri Lamb Curry)

140 min · Serves 4 · 563 kcal a serve · Video 6:33 · Chef Jack Ovens

Gluten-free ingredients · No nuts listed

Each serve has about 42 g protein, mostly from the slow-simmered lamb leg, and is rich in vitamin B12 and zinc, with useful iron. The gravy is built on yoghurt and whole spices rather than cream or sugar, so the curry has about 7 g net carbs a serve.

Diet notes: Keto (8.6 g net carbs a serve).

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Ingredients 20 · SERVES 4

- [ ] 1.6 lb diced **lamb leg or shoulder**
- [ ] ¾ cup **natural Greek yoghurt**, for the marinade
- [ ] 1½ tsp (7.5 g) **sea salt flakes**, plus more to taste
- [ ] 2 tbsp (1 oz) **ghee or clarified butter**
- [ ] 1 tbsp (1½ tbsp) **canola oil**
- [ ] 1 **cinnamon** stick
- [ ] 5 **green cardamom pods**
- [ ] 4 **whole cloves**
- [ ] 1½ tsp (4.5 g) **cumin seeds**
- [ ] 3 **dried bay leaves**
- [ ] 3 **shallots**, thinly sliced
- [ ] 4 large **garlic** cloves, finely grated
- [ ] ½ oz **fresh ginger**, peeled and finely grated
- [ ] **hot water**, just enough to reach the top of the meat (not covering it)
- [ ] 2 tbsp (½ oz) **Kashmiri chilli powder**
- [ ] 1 tsp (1.5 g) **ground fennel**
- [ ] ½ tsp (1.5 g) **ground ginger**
- [ ] ¾ cup **water**, for the spice paste
- [ ] **Greek yoghurt**: a spoonful (about 1 tbsp) of Greek yoghurt or labneh per bowl, to serve
- [ ] **fresh coriander**, to serve (optional)

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Milk. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Mix the lamb with the yoghurt and salt until well coated. Cover and marinate in the fridge for at least 1 hour (up to 24). 0:28
2. Stir the Kashmiri chilli powder, ground fennel and ground ginger into ¾ cup water to make a spice paste. Set aside. 1:31
3. Heat the ghee and oil in a large pot over medium-high heat. Fry the cinnamon, cardamom, cloves, cumin seeds and bay leaves for 2 minutes, then add the shallots and cook 5 minutes until just caramelising. 2:10
4. Stir in the garlic and ginger for 1 minute, then add the lamb and all its marinade and cook 3 minutes to colour slightly. 3:00
5. Pour in hot water to just reach the top of the meat, bring to the boil, then cover and simmer on low for 40 minutes. 3:23
6. Stir in the spice paste, check the seasoning, cover and simmer 20 minutes more until the lamb is tender and the gravy deep red and thickened. 3:47
7. Check the seasoning once more. Serve topped with a spoonful of Greek yoghurt or labneh and fresh coriander (the video serves it over saffron rice; see the tip). 4:46

> **Tip** Serves 4 (the cook says 2–4). The video serves it over saffron rice (1 cup basmati simmered in 2 cups water with saffron); use cauliflower rice instead to keep it keto. Keeps 4 days in the fridge or 5 months frozen.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
563 kcal 2,360 kJ	**43 g** 86% of a day	**11 g** 8.6 g net · 4.4 g sugars 4% of a day
FIBRE	**FAT**	**SODIUM**
2.8 g 10% of a day	**38 g** 17 g saturated 49% of a day	**860 mg** 37% of a day

Energy from net carbs 6% · protein 31% · fat 63% — fits keto: 8.6 g net carbs, 63% of the energy from fat

High in (20%+ of a day) Vitamin B12 170% · Selenium 79% · Zinc 63% · Omega-3 56% · Iron 27% · Vitamin B6 27%

Source of (10–19%) Vitamin A 19% · Potassium 16% · Vitamin E 16% · Magnesium 15% · Vitamin K 14% · Folate 12% · Calcium 10%

Recipe and video: Chef Jack Ovens (@ChefJackOvens) on YouTube — youtube.com/watch?v=nv9wO3PNjLM, published 2 November 2021. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/lamb-rogan-josh-chef-jack