

Lamb Keema Curry

This lamb curry has lots of big, bright, brash flavors, and a marvelous fragrance when cooking. It's good either all by itself as a one-dish meal (combining meat and several vegetables), or served with an Indian flatbread, or over rice or noodles. Plain yogurt makes a pleasantly cool accompaniment. You might even try a dollop of Greek tzatziki sauce on your keema!

Recipe by [Amy Adams](#) | Created on **Nov 18, 2021**

Ingredients

- 1 (10 ounce) package frozen peas
- 2 tablespoons olive oil
- 1 pound ground lamb
- 1 cup diced onion
- 2 cloves garlic, minced, or more to taste
- ½ cup dried parsley
- 2 tablespoons curry powder
- 1 tablespoon ground cumin
- 1 tablespoon garam masala
- ½ teaspoon ground black pepper
- ½ teaspoon ground cinnamon
- ½ teaspoon ground coriander
- ½ teaspoon ground ginger
- ½ teaspoon ground turmeric
- ¼ teaspoon crushed red pepper flakes, or more to taste
- 2 medium potatoes, peeled and diced
- 2 medium tomatoes, diced
- 1 medium jalapeno pepper, diced, or more to taste
- 1 bunch fresh cilantro, chopped

Directions

- Place peas in a microwave-safe container and cover loosely. Microwave until just heated through and bright green, 2 to 3 minutes. Drain and immediately cover with cold water to stop the cooking process, preserve the color, and reinflate any dimples or puckers. Set aside.
- Heat olive oil in a nonstick frying pan or Dutch oven over medium-low heat. Stir lamb, onion, and garlic into the oil. Break up the ground lamb into morsels, stirring into the onion, garlic, and oil. Cover and begin gradually browning the lamb. Cook slowly until lamb is browned and a pool of rendered fat and liquid collects in the bottom of the pan, 10 to 20 minutes. Drain all fat, oil, and liquids.

- Combine parsley, curry powder, cumin, garam masala, black pepper, cinnamon, coriander, ginger, turmeric and pepper flakes in a bowl, then stir into the lamb mixture. Cook over low heat until spices bloom, 2 to 3 minutes. Stir in potatoes, tomatoes, and jalapenos. Cover and continue cooking and stirring until the potatoes are tender, 20 to 30 minutes.
- Set the lid ajar and let any liquids in the bottom of the pan steam off. Drain the peas and stir them into the keema. The keema will reheat them. Garnish individual servings with cilantro leaves.

Nutrition Facts

Serving: **5 servings** | Calories: **388.6 kcal** | Carbohydrates: **33.4 g** | Protein: **22.5 g** | Saturated fat: **6.1 g** | Cholesterol: **60.7 mg** | Sodium: **145.6 mg** | Fiber: **8.3 g** | Sugar: **6.9 g**

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