

Pakistani Lamb Chops

This lamb chop dish has a delicious sweet and savory gravy made of caramelized onions. Goes great with some naan or rice.

Recipe by Susan Peters | Created on **Feb 11, 2022**

Ingredients

- ¼ cup oil
- 2 pounds lamb chops
- 3 pods green cardamom
- 1 pod black cardamom
- 2 bay leaves
- 1 cinnamon stick
- 1 teaspoon cumin seeds
- 6 large onions, thinly sliced
- 6 cloves garlic, minced
- 1 tablespoon minced fresh ginger root
- 2 teaspoons red chile powder
- ½ teaspoon ground turmeric
- salt to taste
- ¼ cup water
- 2 tomatoes, chopped
- 3 green chile peppers, halved and seeded
- 1 tablespoon chopped fresh cilantro, or to taste

Directions

- Heat oil in a large skillet over medium heat. Brown lamb chops on all sides, about 5 minutes. Remove and set aside.
- Stir in green cardamom, black cardamom, bay leaves, cinnamon stick, and cumin seeds until fragrant, about 1 minute. Add onions, garlic, and ginger; cook until onion is golden brown, about 10 minutes. Mix in chile powder, turmeric, and salt; stir-fry for 1 minute. Add browned lamb, water, tomatoes, and chile peppers. Simmer over low heat until lamb is tender and all water has evaporated and onions have disintegrated into a thick gravy, about 40 minutes. Serve garnished with cilantro.

Nutrition Facts

Serving: **6 servings** | Calories: **451.6 kcal** | Carbohydrates: **20.2 g** | Protein: **25.5 g** | Saturated fat: **10.4 g** | Cholesterol: **89.7 mg** | Sodium: **115.2 mg** | Fiber: **4.2 g** | Sugar: **8.7 g**

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