



Apparently this is a favoured breakfast in some areas of India. Meat and Eggs, similar in a way to a traditional English breakfast I guess? We added boiled Rice to make a main meal out of it.

Ingredients:-

500g of Minced Lamb
1 Red Onion, finely diced
a Thumbnail of Ginger, grated
5 Cloves of Garlic, chopped
2 Green Chillies, deseeded
½ a Tsp of Turmeric
½ a Tsp of Chilli Powder
2 Tomatoes, chopped
1 Tbsp of Tomato puree
200ml of Water
1 Tbsp of Spirit Vinegar
1 Tbsp of Brown Sugar
Salt & Pepper to season
4 Eggs
Oil to fry
Chopped Coriander to garnish

Method:-

- (1) Add the Ginger, Garlic and one Green Chilli to 3 Tbsp of water and wuzz in a blender.
- (2) You are aiming for a smooth paste.
- (3) Add the Mince to a bowl along with 1 tsp of the paste.
- (4) Mix well and set aside.
- (5) Heat the Oil in a heavy-bottomed sauce pan, or Dutch Oven.
- (6) Add the Onion and fry until softened and light brown.
- (7) Add the remaining paste and stir well.
- (8) Add the Mince along with the Turmeric and Chilli Powder.
- (9) Cook over a medium heat and 10minutes, stirring so that the meat is evenly browned.
- (10) Add the chopped Tomatoes, Tomato Puree and the remaining Green Chillies (Slit lengthways).
- (11) Allow to simmer for a further 4 minutes.
- (12) Season with Salt & Pepper.
- (13) Add the water and bring to the boil.
- (14) Reduce the heat and simmer for 15 minutes with the lid on.
- (15) Stir gently half way through cooking.
- (16) Add the Vinegar and Sugar and continue to simmer for 2 minutes.
- (17) Break one Egg at a time into the Kheema and on a low heat cook the Eggs for 4 to 5 minutes.
- (18) Cover with the lid so that the Whites set but you still have runny Yolks.
- (19) Garnish with Coriander and serve.

The Vinegar and Sugar added an interesting flavour twist. Really enjoyable. Strangely we did end up eating left overs for breakfast, but that wasn't really the plan?...

We don't like the price of fresh minced Lamb in the local supermarkets. I ventured into the Iceland Food Warehouse and found a 1kg bag of frozen mince for £3.75. Which was much more realistic!