

# Chicken or Lamb Korma

You will need:

Shopping List	Chicken or Lamb Korma
<b>Protein</b>	
Stew lamb or chicken cut into pieces	2-3 pounds
<b>Miscellaneous</b>	
Oil or ghee	2 tablespoons
Tomato paste	2 tablespoons
Garlic	4 cloves
Onions	1 large
Heavy cream	1 cup
Fresh cilantro	3 tablespoons
Beef or chicken broth	1 cup
Brown sugar or honey	1 tablespoon
For non-meat eaters - vegetables, tofu, plant protein or fish can be substituted in any recipe. Adjust cooking times accordingly.	



[www.KarensSpiceKitchen.com](http://www.KarensSpiceKitchen.com)

Follow us

