Name of the dish	Lamb Saag
Author's name	Bhupinder Virdee-Lace
Author's comments	There are always leftover cooked meat, chillies and root ginger in my kitchen and this dish is a winner and everyone who has eaten it. My spice cupboard is full of traditional Indian spices that can be matched up with most ingredients and taste fab. I enjoy experimenting with different cuisines and can create fantastic tasting meals out of leftovers. This dish can also be made with leftover chicken, beef or whatever you have cooked
List of ingredients	400g Leftover roast lamb (cubed) 2 tins of spinach well drained or 750gbaby leaf spinach 1kg of onions (finely chopped) 100g of butter or ghee 4 (leftover) chillies-finely chopped 1 thumb sized piece ginger-finely sliced 2 heaped teaspoons of coriander seeds 2 teaspoons of turmeric 1 teaspoon of salt Left over stems of coriander
Preparation instructions	• Cook the onions in butter or ghee for 2 hours on a low heat with crushed coriander seeds, stirring frequently to ensure that a crust does not form • Add chillies & root ginger and cook for a further 10 minutes • Add salt & turmeric and cook for a further 5-7 minutes • Add diced lamb and coat well with sauce • Heat for 10 minutes or until meat is piping hot • Add drained spinach or fresh spinach leaves and cook for 5 minutes • Add chopped coriander Serve with rice or chapattis
Top Tips	A tip for saving time and money is to bulk buy basics and make batches of the traditional Punjabi sauce and freeze it. It keeps well for up to 3 months and can be added to most meats and a wider range of vegetables
Preparation time	20 minutes
Cooking time	2 ½ hours
Serves	4 - 6