

Lamb Stir Fry with Eggplant Marinade



Method

In an electric blender, blend until smooth

Place marinade in a bowl add and leave for 1 hour

In a electric fry pan stir fry with

For chicken wings and pieces pan fry with lid on until cooked and golden on both sides, reduce all liquids
When cooking use all marinades with the lamb, beef or chicken. Serve with rice and garnish as you like

Ingredients

½ cup [Mudgeeraba Spices Rajasthani Brinjal & Chilli Pickle](#)

120g onion

6 cloves peeled garlic

50g red capsicum or chilli

1 tsp salt

sugar to taste

½ cup coconut cream (or Greek Yoghurt)

750g diced lamb fillets *or*

750g disjointed chicken wings *or*

750g chicken/lamb/beef pieces

2tbps ghee or butter

