

Tandoori Lamb chops

Cuisine: **Indian**

Food category: **Lamb/Mutton**



Author: **Samuel Ashton**
Company: **Retigo UK**

Program steps

Preheating: **180 °C**

1 Hot air 180 °C Termination by time 00:13 hh:mm 180 °C 100 %

Ingredients - number of portions - 0

Name	Value	Unit
lamb chops	25	pcs
green cardamon powder	5	g
white vinegar	100	g
green birdseye chilli paste	2	pcs
ginger / garlic paste	80	g
salt pepper to taste	1	pcs
red chilli powder	7	g
garam masala	10	g
green papaya	120	g
orange deep food colour powder (optional)	2.5	g
dried fenugreek leaves	45	g
chopped coriander	30	g
melted butter brushing on grill	30	g

Nutrition and allergens

Allergens: Milk

Minerals: 35 mg, 5 mg, Calcium, Calcium 147 mg, Iron, Iron 14, Magnesium, Magnesium 130 mg, Phosphorus, Phosphorus 168 mg, Potassium, Potassium 1114 mg, Sodium, Sodium 3 mg, Zinc, Zinc 4

Vitamins: 08 mg, 12 mg, 15 mg, 6 mg, Folate, Folate 0 mcg, Niacin 0, Riboflavin 0, Thiamin 0, Vitamin A, Vitamin A 0 IU, Vitamin B6, Vitamin B6 0, Vitamin C, Vitamin C 0 mg, Vitamin K

Nutritional value of one portion	Value
Energy	0 kJ
Carbohydrate	0 g
Fat	0 g
Protein	0 g
Water	0 g

Directions

Add all the ingredients together in a bowl and mix thoroughly

Add the lamb chops and coat with the marinade using your hands to mix.

Cover the bowl and leave in the refrigerator for a minimum of 2 hours (or preferably overnight for a deeper flavour).

Cook in your Retigo oven on 180°C for 12-15 minutes, depending on how you want your lamb cooked

Serve with naan bread.

