KIKKOMAN

Lamb Okra Stew

Total time **60 mins** **60 mins** cooking time

INGREDIENTS

4 portion(s)

250 g	Lamb (boiled with spices)
200 g	Okra Zero
	Garlic
	Ghee
100 g	Chopped Tomato
2 tsp	Kikkoman Naturally Brewed Soy Sauce

PREPARATION

Step 1

Grill the lamb with margarine and add some spices. Then add water and leave it until well cooked (20 mins).

Step 2

Saute garlic with ghee and add mashed tomatoes, and add Kikkoman soy sauce (20 mins).

Step 3

Then add cooked lamb and okura, then leave it until well cooked (20 mins).

Step 4

Soute garlic with Olive oil and add spice. Then put into (03).

Step 5

Serving, together with rice.