

Lamb/Mutton Curry (India)

Meat Main Meal



This recipe makes
80 x 115g
or 60 x 154g
servings

15 minutes
prep time

1 hour 10 mins
cooking time

80 Primary
or 60
Secondary
portions

Tip =
Serve with
boiled white
and brown
rice

High
in zinc,
vitamin A
and
vitamin C

Recipe with
thanks to
George Dixon
Primary school
and Cityserve
Direct Services

Ingredients

- 1360g Diced red onion
- 1410g Diced carrots
- 60g Crushed garlic
- 1410g Diced peppers
- 100ml Vegetable oil
- 5600g Diced lean lamb
- 25g Paprika
- 25g Ground ginger
- 20g Ground cinnamon
- 20g Ground cardamom seeds
- 20g Ground coriander
- 20g White pepper
- 1600ml Vegetable stock

Method

1. Heat the oil in a large saucepan over a medium heat. Add the onion and cook until soft then add the lamb and gently brown
2. Add the garlic, spices, carrots and peppers and stock. Cook on a high heat for 10 minutes stirring continuously
3. Reduce the heat and cook for a further 50 minutes or until meat is tender
4. Serve in warmed dishes

Nutritional content	Per 100g	Pri serving	Sec serving
Energy kcal	119	137	183
Fat g	6.2	7.1	9.5
Saturates g	2.3	2.6	3.5
Carbohydrate g	3.5	4.0	5.4
NME sugars g	0.0	0.0	0.0
Fibre/NSP g	0.9	1.0	1.4
Protein g	12.9	14.8	19.9
Iron mg	1.6	1.8	2.5
Zinc mg	2.1	2.4	3.2
Calcium mg	22	25	34
Vitamin A ug	264	304	407
Vitamin C mg	10.0	11.5	15.4
Folate ug	6	7	9
Sodium mg	96	110	148