



# Sweet Lamb Curry

Preparation time: 10 minutes

Cooking time: 75 minutes

Serves: 4

## **Ingredients:**

1 medium onion, diced  
Clove of garlic, crushed  
1 teaspoon curry powder  
1 tablespoon olive oil  
500 g lean lamb, diced  
425 g can chopped tomatoes  
375 ml vegetable stock  
2 tablespoons vinegar  
1 tablespoon brown sugar  
2 carrots, peeled and sliced  
1 red capsicum, sliced  
2 zucchinis, sliced  
1 apple, peeled and sliced  
1/2 cup low-fat natural yoghurt  
Handful fresh coriander, chopped

## **Method:**

1. Saute onion and garlic in oil and stir in curry powder. Add diced lamb and stir until well cooked. Stir in tomatoes, stock, vinegar and sugar. Bring to the boil, reduce heat and simmer uncovered for 1 hour.
2. Stir in the carrots, capsicum, zucchini and sultanas and simmer for a further 15 minutes.

3. Serve with rice or couscous topped with a dollop of natural yoghurt and coriander.

***Nutritional Analysis per serve:***

*energy 1416kj (354cals), protein 30.6g, carbohydrate 28.4g, fibre 5.3g, fat 10.1g cholesterol 81.7mg, sodium 5049.4mg*