We are Ready......

**Lamb Curry**

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**Suggested portion**

**Size for recipe**

1–2 years – 85g

3–4 years – 115g

**Ingredients – Serves 5**

**Onion, peeled** 75g (1 small)

**Carrot, peeled** 30g (1 small)

**Fresh tomatoes** 40g (½ medium)

**Vegetable oil** ½ tablespoon

**Lamb, lean, diced** 250g

**Tomato purée** 1 tablespoon

**Ground turmeric** 1 teaspoon

**Curry powder** ½ heaped teaspoon

**Chilli powder** ½ teaspoon

**Water** 250ml

**Method**

1. Chop the onion, carrot and tomatoes.

2. Heat the oil in a pan and add the diced lamb. Cook until browned.

3. Add the onion, carrots and tomatoes and cook for 5 minutes.

4. Add the tomato purée, turmeric, curry powder, chilli powder and water. Bring to the

boil and simmer for 30 minutes or until the lamb is cooked and the vegetables are soft.

Serve with Serve with brown rice and tomato and coriander salad