

Middle Eastern Lamb and Vegetables with Cous Cous

Serves 10

Ingredients	
500g diced lean lamb	300g canned chopped tomatoes
45 ml vegetable stock	1 tsp (5g) mild chili powder
2 (200g) courgettes, sliced	2 tsp (5g) dried mint
1 (160g) green pepper, deseeded and sliced	1 tsp (5g) ground cumin
2 (230g) carrots, peeled and sliced	200g lentils or chickpeas canned in unsalted water
1 (30g) celery stick, sliced	200g cous cous
2 (300g) potatoes, washed and diced	

Method

- In a large pan, heat the vegetable stock. Add the lamb and cook for 3-4 minutes until evenly browned. Add the courgette, pepper, carrot and celery, stir over the heat for 2-3 minutes until the vegetables are just beginning to soften.
- Add the potatoes, tomatoes, herbs and spices along with the lentils or chickpeas.
- Bring to the boil, then cover and continue to simmer on the heat or in the oven for 30-45 minutes until the meat is tender.
- Meanwhile prepare the Cous Cous according to the pack instructions



- ✓ COOK'S TIP: PREPARE EXTRA CARROTS AND COURGETTES TO MAKE A PUREE FOR WEANING BABIES
- ✓ FOR VEGETARIAN DIETS, OMIT LAMB AND DOUBLE QUANTITY OF LENTILS OR CHICKPEAS
- ✓ FOR WHEAT FREE DIETS, OMIT COUS COUS AND REPLACE WITH BOILED RICE

Nutrition analysis per serving							
Energy (kcal)	Protein (g)	Fat (g)	Carbohydrate (g)	Sugar (g)	Salt (g)	Iron (mg)	Calcium (mg)
170	14	4.5	21	0	0.3	2	31