

# The simplest way

...to cook a delicious curry.

## Lamb & Vegie Curry

Serves: 4

**Top tip:** Reduce the amount of meat and increase the vegetables – you'll save money and make the meal healthier. Applies to stir fries, curries, pizzas and mince dishes too.



**Ingredients:** 1 tsp olive oil; 2 tbsp curry paste; 1 medium brown onion, chopped; 2 cloves garlic, chopped; 300g diced lamb; 3 large carrot, cut into chunks; 250g button mushrooms; 400g tinned tomatoes, diced; 100g red lentils; 500ml reduced salt chicken stock; ½ cup fresh coriander.

**Method:** Heat oil in heavy-based pot and cook onion, garlic and curry paste until fragrant. Add lamb and brown over a high heat. Add tomatoes, stock, carrots, mushrooms and lentils and reduce the heat to simmer. Cook for about 1 hour with the lid on, stirring regularly until lamb is tender. Mix through coriander reserving a small amount for garnish. Serve with brown rice.

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The Eat It To Beat It program is supported by the Western Sydney Local Health District Live Life Well @ School Program.