



LAMB AND LENTIL STEW

Preparation: 10 mins

Cooking: 60 mins

Serves 4, costs under £6.00

This recipe counts towards your 5 a day

INGREDIENTS

- 1 Pack Lamb (300g) (Diced)
- 1 Tablespoon Vegetable Oil (10g)
- 1 Leek (160g) (Medium Sized)
- 1 Onion (150g) (Medium Sized)
- 2 Carrots (160g) (Medium Sized)
- 2 Tablespoons Plain Flour (40g)
- 3 Cups Water (500ml)
- 1 Stock Cube (Lamb or Vegetable) (7g) (Reduced Salt)
- 5 Potatoes (1kg) (Large Sized)
- ¼ Cup Red Lentils (40g)
- 1 Tin Chopped Tomatoes (200g)
- 1 Pinch Ground Black Pepper (1g)

TIP

You can substitute the lamb for other meats

METHOD

1. Peel the onion, wash the leek and remove outer layer, wash the carrots and potatoes. Slice the onion, leek and carrot and dice potatoes. Rinse the lentils with cold water.
2. Heat oil in a large pan then add the onions and fry for 2 minutes then add the leek and cook for a further 2 minutes. Coat the lamb in flour then add to pan and cook until it turns brown.
3. Dissolve the stock cube in boiling water and add to pan with the carrots, potatoes, lentils and tomatoes
4. Bring to the boil and then simmer for 30- 40 minutes until stew thickens and the vegetables are soft.
5. Add black pepper to taste then serve.

BE ALLERGY AWARE

Always check the label of each ingredient for allergy warnings.

NUTRITIONAL INFORMATION

Based on a single serving of 510g

ENERGY
643 kcals
2699 kJ

FAT
12.8g

LOW

SATURATES
4.6g

LOW

SUGAR
11.7g

LOW

SALT
0.5g

LOW

Please note: nutritional information will vary dependent on any additions/substitutions made to the recipe

The **Eatwell Guide** shows the proportions of the main food groups that form a healthy, balanced diet. Use the Eatwell Guide to help you get a balance of healthier and more sustainable food.



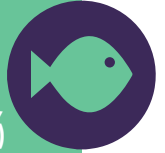
Eat at least 5 portions of a variety of fruit and vegetables every day

Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates; choosing wholegrain versions where possible



Have some dairy or dairy alternatives (such as soya drinks); choosing lower fat and lower sugar options

Eat some beans, pulses, fish, eggs, meat and other proteins (including 2 portions of fish every week, one of which should be oily)



Choose unsaturated oils and spreads and eat in small amounts

Drink 6-8 cups/glasses of fluid a day. Water, lower fat milk, sugar free drinks including tea and coffee all count



Eat less salt – no more than 6g a day for adults which is equivalent to 1 teaspoon

Foods and drinks high in fat, salt or sugar should be eaten less often and in small amounts

