



COME ON

LET'S
DO
THIS

Fat	Saturates	Sugar	Salt
LOW	LOW	LOW	LOW

per 100g

Portions
fruit & veg
per serving
4

Lamb balti

For more tasty recipes with a healthy boost, visit
lets-dothis.org.uk

Recipe includes a
healthy boost

Serves 4 | prep 15 mins | cook 45 mins

Lamb balti

Give your Balti a **healthy boost** – each serving of this easy lamb curry contains 4 portions of vegetables and the rich sauce is thickened with tasty red lentils.

Ingredients

- 1 tsp pure vegetable oil
- 1 large onion (160g), chopped
- 300g boneless diced lamb leg
- 160g mushrooms
- 3-4 cloves garlic, chopped
- 2-3 tsp Balti curry paste
- ½ chili, finely chopped into rings
- 1 x 400g tin chopped tomatoes
- 1 lamb stock cube and 500 ml water
- 250g basmati rice to serve
- 1 spring onion, very finely sliced.

Healthy boost ingredients

- 1 green pepper (160g) chopped
- 1-2 carrots (160g), chopped
- 160g sweet potato
- 80g red lentils.

Method

1. Add oil to a pan then add the onion and cook 3-4 minutes until softened, then add the diced lamb and cook 2-3 minutes
2. Now add the pepper and carrot and cook 3-4 minutes, then add the mushrooms, garlic and sweet potato and cook for 2 minutes
3. Add the curry paste and stir well to coat everything
4. Now add the chilli and tomatoes and stock and bring to a gentle boil then simmer for 20 minutes
5. Now add the lentils, cover and simmer a further 15 minutes until the lamb is tender
6. Meanwhile, cook the rice according to pack instructions and serve with the lamb, sprinkled with the spring onion.

DIABETES UK

TESCO



British Heart
Foundation

National Charity
Partnership

Nutritional information

Each serving contains:

Calories	Fat	Saturates	Sugars	Salt
528	8.6g	2.9g	12.3g	0.7g
26%	12%	15%	14%	12%

%= an adult's reference intake

Brought to you by the National Charity Partnership – a partnership between Tesco and registered charities Diabetes UK and the British Heart Foundation.