

## FAST FACTS

Category: Dinner  
Difficulty Level: Easy  
Time to prepare: 15 Minutes  
Time to cook: 3 hours  
Serves: 4  
Portions of Fruit or Vegetables: 3.5

## INGREDIENTS

400g Lean lamb, cubed  
1 tbsp Olive oil  
1 tbsp Jerk Seasoning  
1 tbsp mild curry powder  
1 tbsp dried thyme  
2 garlic cloves, crushed  
Juice of half a lemon  
1 scotch bonnet pepper (Whole)  
500g Passata  
800ml chicken Stock  
400g can butter beans  
2 medium carrots  
1 yellow pepper  
160g Green beans  
1 medium onion  
100g red lentils  
Small handful chopped coriander  
Salt and pepper

## METHOD

1. Pre heat the oven to 150 degrees or gas mark 2. Put the lamb, olive oil, jerk seasoning, curry powder, dried thyme, garlic, scotch bonnet chilli and lemon juice in a large oven proof casserole saucepan, mix all the spices together to coat all the lamb pieces. Next put the pan onto the hob on a medium heat and cook until the lamb is browned, and the spices have released their aroma. You are not cooking it fully at this stage it is just about colouring the meat and spices.
2. Once the lamb is browned add the wet ingredients, the stock, passata and the butter beans including water, and bring to a gentle boil.
3. Now to add all the vegetables and lentils, cut them into bite size chunks, if you prefer a chunky stew, leave them in big pieces, or if you prefer a finer stew cut the veg up small. Its up to you.
4. Put a lid on the stew and put in a pre-heated oven for about 2.5 hours. Stirring occasionally. If the stew is drying out, top up with a bit more water.
5. Season with salt and pepper, and just before serving, throw in some chopped coriander and serve.



# JAMAICAN INSPIRED LAMB STEW



SERVES 4

% of an adult's recommended intake.

| Energy            | Fat | Saturates | Sugars | Salt |
|-------------------|-----|-----------|--------|------|
| 2161kJ<br>514kcal | 16g | 5.7g      | 17g    | 1.8g |
| 26%               | 23% | 29%       | 19%    | 30%  |