

Lamb dhansak



BODY SHAPE
PERFORMANCE

- 1 tsp ghee or coconut oil
- 1 large onion, finely chopped
- 3 cloves garlic, finely chopped
- 1 inch piece fresh ginger, finely chopped
- 1 tsp dried red chillies, finely chopped or use 1 tsp chilli powder
- 150g cooked lamb leg, diced
- 200g tinned chopped tomatoes
- 500ml boiling water
- seeds of 5 green cardamom pods, ground
- 1 tsp ground cumin
- 1 tsp ground coriander
- ½ tsp ground turmeric
- 150g red split lentils (pre-soaked for 10 minutes)
- 15g honey
- 2 tbsps white vinegar
- 40g per person basmati rice
- ½ tsp sea salt

SERVES 3



PER SERVING:
473 Calories
73g Carbs
30g Protein
7g Fat

Melt the ghee/oil in a large saucepan. Add the onion and sauté for 5 minutes until soft. Add the ginger, garlic and dried chillies/chilli powder to the saucepan. Cook for 2 minutes, stirring occasionally. Add the lamb, chopped tomatoes and half of the boiling water and stir.

Add the cardamom, coriander, cumin and turmeric to the saucepan and stir. Add the lentils and remaining water, ensuring all of the ingredients are covered. You may need to add more water during the remaining cooking process as the lentils will absorb a lot of water. Bring to a simmer and add the honey and vinegar, stirring well. Place a lid on the pan and simmer gently for 20 minutes. Check and stir occasionally, adding more boiling water if required. You can cook it for longer if you want the lentils to break down more and give a creamier texture.

Meanwhile, bring a saucepan of water to the boil. Add the rice, stir once and simmer gently until cooked. Drain. Add the salt, stir well and serve.

Store any leftovers in an airtight container and refrigerate for up to 4 days or freeze on same day.

