



WHATSheATE



Lamb, coconut & mango pilau



Gluten Free



Dairy Free

READY IN



110 min.

SERVINGS



6

CALORIES



655 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tbsp vegetable oil
- ☐ 600 g lamb loins cut into large cubes
- ☐ 2 onion halved sliced
- ☐ 2 garlic clove sliced
- ☐ 3 tbsp curry powder (we used Bombay curry spices)
- ☐ 1 to 5 chilies red sliced
- ☐ 400 ml lite coconut milk reduced-fat canned
- ☐ 700 ml lamb stock hot fine (from a cube is)

- ☐ 400 g rice
- ☐ 1 medium mangos peeled sliced
- ☐ 1 handful cilantro leaves chopped

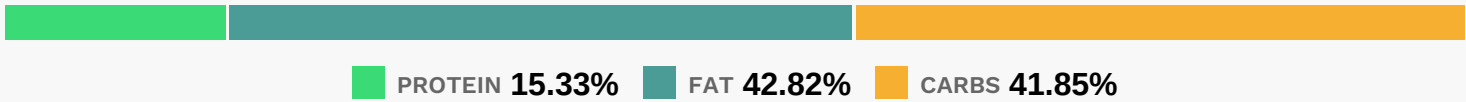
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat oven to 180C/fan 160C/gas
- ☐ Heat the oil in a large, shallow ovenproof pan, tip in the lamb, then fry on a high heat for 5 mins until browned all over. Take out of the pan and set aside. Fry the onions in whats left of the oil for 5 mins, until starting to soften and turn golden at the edges. Tip in the garlic and curry powder and fry for 1 min more until toasty and aromatic.
- ☐ Stir the lamb back in to the pan along with the chilli, coconut milk and stock, then bring to the boil. Cover the pan and place in the oven for 1 hr, until the lamb is completely tender. Alternatively, you can simmer the pan on a low heat for 1 hr on the hob.
- ☐ Season to taste, stir in the rice, re-cover pan, then return to the oven or hob for 30 mins until all the liquid has been absorbed. Take off the heat, leave to stand, covered, for 10 mins, then fluff the rice with a fork.
- ☐ Sprinkle with the mango, coriander and almonds, if using, then serve straight from the pan.

Nutrition Facts



Properties

Glycemic Index:41.99, Glycemic Load:35.61, Inflammation Score:-6, Nutrition Score:19.706956757152%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

0.01mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 7.81mg, Quercetin: 7.81mg, Quercetin: 7.81mg, Quercetin: 7.81mg

Nutrients (% of daily need)

Calories: 654.88kcal (32.74%), Fat: 30.51g (46.95%), Saturated Fat: 14.53g (90.82%), Carbohydrates: 67.11g (22.37%), Net Carbohydrates: 63.87g (23.23%), Sugar: 6.86g (7.62%), Cholesterol: 73mg (24.33%), Sodium: 276.28mg (12.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.58g (49.17%), Manganese: 0.98mg (49.1%), Selenium: 29.98µg (42.83%), Vitamin B12: 2.31µg (38.5%), Vitamin B3: 7.52mg (37.58%), Vitamin C: 26.9mg (32.61%), Zinc: 4.39mg (29.28%), Phosphorus: 265.2mg (26.52%), Vitamin B6: 0.41mg (20.6%), Iron: 3.25mg (18.08%), Copper: 0.34mg (17%), Vitamin B2: 0.28mg (16.66%), Vitamin K: 15.71µg (14.96%), Vitamin B5: 1.46mg (14.64%), Potassium: 490.4mg (14.01%), Magnesium: 54.93mg (13.73%), Vitamin B1: 0.2mg (13.27%), Folate: 52.15µg (13.04%), Fiber: 3.24g (12.96%), Vitamin A: 521.56IU (10.43%), Vitamin E: 1.54mg (10.26%), Calcium: 65.26mg (6.53%)