



Lamb & mango curry



Gluten Free



Dairy Free

READY IN



175 min.

SERVINGS



6

CALORIES



275 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 onions quartered
- ☐ 1 piece thumb-sized ginger peeled roughly chopped
- ☐ 5 garlic cloves
- ☐ 1 tbsp vegetable oil
- ☐ 1 tsp turmeric (see tip, below)
- ☐ 2 tsp ground cumin
- ☐ 2 tsp ground coriander
- ☐ 1 tsp mild chilli powder

- ☐ 5 cardamom pods
- ☐ 2 tbsp tomato purée
- ☐ 800 g lamb shoulder cubed trimmed
- ☐ 400 g coconut milk for serving reduced-fat canned (save 2 tbsp)
- ☐ 200 g tomato from a can chopped
- ☐ 2 mangoes ripe sliced
- ☐ 1 handful coriander
- ☐ 6 servings rice

Equipment

- ☐ food processor
- ☐ oven
- ☐ casserole dish

Directions

- ☐ Heat oven to 160C/140C fan/gas
- ☐ Put the onions, ginger and garlic in a food processor and blitz to a paste. If you dont have a processor, just chop very finely.
- ☐ Heat the oil in a deep flameproof casserole dish and fry the paste for 10 mins.
- ☐ Add some salt, the spices and tomato pure, then fry for 2-3 mins more until aromatic.
- ☐ Stir in the lamb and cook for a few mins until it changes colour all over it doesnt need to brown. Tip in the coconut milk, tomatoes and 100ml water, and bring to a simmer. Cover with a lid, leaving a gap for some steam to escape, and transfer to the oven for 1 hrs.
- ☐ Stir in half the mangoes, and cook for 1 hr more until the lamb is melting and tender. When its ready, let the curry sit for 10 mins, then spoon off any excess fat from the top. Partly stir in the remaining mangoes, scatter with the coriander and drizzle with the reserved coconut milk.
- ☐ Serve with rice, chutneys and pickles of your choice.

Nutrition Facts



Properties

Glycemic Index:34.79, Glycemic Load:6.2, Inflammation Score:-10, Nutrition Score:19.545652140742%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg 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: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 8.25mg, Quercetin: 8.25mg, Quercetin: 8.25mg, Quercetin: 8.25mg

Nutrients (% of daily need)

Calories: 275.21kcal (13.76%), Fat: 12.22g (18.8%), Saturated Fat: 6.54g (40.9%), Carbohydrates: 22.35g (7.45%), Net Carbohydrates: 18.36g (6.67%), Sugar: 13.08g (14.54%), Cholesterol: 53.76mg (17.92%), Sodium: 654.06mg (28.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.11g (38.22%), Vitamin C: 35.97mg (43.6%), Manganese: 0.77mg (38.62%), Vitamin B12: 2.24µg (37.38%), Vitamin B3: 6.06mg (30.29%), Selenium: 20.37µg (29.1%), Vitamin A: 1358.23IU (27.16%), Zinc: 4.01mg (26.76%), Vitamin K: 23.62µg (22.49%), Phosphorus: 212.69mg (21.27%), Potassium: 660.29mg (18.87%), Vitamin B6: 0.36mg (18.21%), Vitamin B2: 0.29mg (17.25%), Folate: 68.54µg (17.13%), Iron: 3.05mg (16.93%), Fiber: 4g (15.98%), Copper: 0.28mg (13.83%), Vitamin B1: 0.2mg (13.17%), Magnesium: 51.92mg (12.98%), Vitamin E: 1.59mg (10.59%), Calcium: 89.65mg (8.97%), Vitamin B5: 0.9mg (8.97%)