

Spiced Lamb and Beef Risotto

Serves 4

Ingredients: -

450g/1lb - shoulder of lamb

1 - clove garlic, crushed

100g/4oz - brown sauce

100g/4oz - peas

1 - onion, chopped

300ml/½ pint - chicken stock

2 - carrots, diced

4 tbsp - chopped parsley or mint

2 x 225g/8oz - cans curried baked beans

Salt and freshly ground black pepper

50g/2oz - rice or brown basmati

Method: -

Cut the meat into small pieces, removing and discarding any excess fat.

Place the meat in a large saucepan with the onion and garlic and heat gently until the fat begins to run, pour off excess fat.



Increase the temperature and cook, stirring all the time, until the meat colours and the onion softens.

Add the stock, brown sauce and rice and simmer gently for 30 minutes, adding more stock if the rice looks as though it is going to burn.

Add the carrots, peas, curried beans and parsley or mint. Stir well and cook for a further 10 minutes or until the meat is tender and the rice is cooked.

Adjust seasoning to taste and serve.

Both onion and garlic have been shown to have cholesterol lowering properties and are good for the heart.
