

# *Recipes at Kids Allowed*

## *Lamb and Apricot Curry*

**Ingredients you'll need... (these are estimates based on feeding a family of four)**

- 1kg chopped veg
- 150g rice
- 500g minced lamb (or alternative of your choice)
- 1 red, yellow and green pepper
- 400g chopped tomatoes
- 50g tomato purée
- 400g chick peas
- 50g apricots
- 250 quartered mushrooms
- 1 small bunch of fresh coriander
- 1 tea spoon of cumin
- 1 tea spoon of garam masala
- 1 tea spoon of curry powder

**What to do...**

- Fry the minced meat until brown (boil if using diced meat)
- Boil the vegetables until soft
- Boil your rice (1 cup rice to 2 cups water)
- Add your spices to the vegetables and blend to your desired consistency.
- Add the rest of the ingredients and season to taste

**Enjoy!**

