



Vegetables with Lamb Stew

Ingredients

- 2 tbsp Vegetable oil
- 1 Medium Onions, finely chopped
- 2 Cloves Garlic, finely chopped
- 450 g Minced lamb
- 6 cups Water
- 2 cubes MAGGI® Chicken Bouillon
- 1 Medium Tomatoes, peeled and diced
- 4 tbsp Tomato Paste
- 3 Mediums zucchinis
- 2 Mediums carrot
- 2 Mediums Potatoes, cut into cubes
- 0.25 tsp Ground Black Pepper
- 0.25 tsp Ground seven spices
- 0.25 tsp Ground cinnamon

Instruction

1. Heat the oil in a large pot. Add the onion and fry until light golden in color.
2. Add the garlic, stir for 1 minute or until fragrant then add the lamb cubes and cook for 5 minutes or until lamb is brown.
3. Add the water and MAGGI Chicken Stock cubes. Cover and cook on low heat for 1 hour or until meat is almost tender.
4. Add tomato, tomato paste, zucchini, carrot and potato (add more water if needed) then simmer for an additional 15-20 minutes or until meat and vegetables are cooked through.
5. Season with spices, stir gently then serve.

Nutrition

Carbohydrates	25.01 g
Energy	230.75 kcal
Fats	5.71 g
Protein	22.3 g

🕒 60 Minutes

⊕ 5 Servings