



Vegetable and beef stew

Ingredients

- 400 g Lamb meat, cut into small parts
- 1 Medium Onion, finely chopped
- 2 Mediums Carrot, cut into cubes
- 2 Mediums Potatoes
- 2 Mediums zucchinis
- 1 cup Green peas
- 1 cup Green beans
- 3 tbsp Tomato Paste
- 2 tbsp Olive oil
- 2 cubes MAGGI® Beef Bouillon
- 1 tsp Ground Black Pepper
- 1 tbsp Ghee
- 2 cups Boiling Water
- 3 Cloves Garlic, finely chopped
- 2 tbsp Coriander Powder
- 1 Medium Green chili, chopped

Instruction

1. Preheat oven to 180C
2. In a large nonstick pot, sauté onions in Oil until golden, add meat pieces and pepper and cook for another 5 minutes until meat is slightly brown.
3. season with black pepper, add MAGGI® Beef Bouillon.
4. Add the vegetables, tomato paste and water and bring to a boil.
5. In a separate pan, prepare the “tasha” by sautéing ghee, garlic, coriander, chili together
6. Add the “tasha” on top of the vegetable-meat mix
7. Add the mixture in the pot and place it in a preheated oven for 45 minutes. Serve with white rice.

Nutrition

Carbohydrates	22.84 g
Energy	224.17 kcal
Fats	8.17 g
Protein	17.17 g

🕒 55 Minutes

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