

Modified Goat Curry (Curry goat)



Provides 7 servings. Preparation time is 2 hours

Ingredients:

228g Goat meat, boneless
 1 Large onion, chopped
 50g Chopped carrots
 1 Fresh lemon, squeezed
 120ml White vinegar
 4 Sprays olive oil spray
 1 Teaspoonful curry powder
 2 Teaspoonful reduced salt All Purpose Seasoning
 3 Cloves of garlic, chopped
 1 Medium size root ginger, chopped
 4 Stems fresh thyme
 1 Teaspoonful tomato puree
 2 Cups of water
 Half scotch bonnet pepper
 3 Teaspoonful reduced fat coconut milk
 Half reduced salt vegetable or beef stock cube

Preparation method:

Mix lemon juice with the vinegar and use this to wash the goat meat. Drain the goat meat and add half of the chopped onions, garlic, curry powder and all purpose seasoning. Marinate for about 30 minutes or overnight in a fridge. Warm lidded non-stick cooking pot at low heat and spray with 4 sprays of olive oil spray. Stir in chopped ginger for about 2 minutes then add the marinated goat. Stir and cook at medium heat until brown. Add water (to cover the meat) and cover with lid to cook meat for 30 minutes. Add more water to cover the meat and cook for another 30 minutes. Then add stock cube, the rest of the chopped onions, thyme, scotch bonnet, reduced fat coconut milk, tomato puree and chopped carrots, water and leave to simmer for an hour, or until the meat is soft.

Nutritional information per 100g of edible portion:

Energy (kcal / kJ)	46kcal/192kj
Total Fat (g) <i>of which saturated fatty acids (g)</i>	1.5 0.7
Carbohydrates (g) <i>of which sugars (g)</i>	2.9 1.6
Dietary fibre (g)	0.7
Protein (g)	3.9
Salt (g)	0.24

Each 200g portion contains:

ENERGY	FAT	SATURATES	SUGARS	SALT
91 kcal 383kJ	3.1 g	1.4 g	3.2 g	0.48 g
5%	4%	7%	4%	8%

of an adult's reference intake