

# Cherry Tomatoes & Minced Lamb

Cook Time: 45 minutes

Serves: 4

Meal Type: Soup/Main



Recipe: Yasmen-healthnut.blogspot.ca

## Ingredients:

- 1 pound Minced lamb\veal\Beef\goat(lean cut)
- 1/2 pound Cherry tomatoes
- Handful of herbs(Methi or cilantro or Mint)
- 1 small onion ,finely chopped
- 3/4 teaspoon ginger and garlic paste
- 1/2 teaspoon turmeric
- 1/2 teaspoon hot chili powder
- 1/2 teaspoon each of Garam Masala and Coriander Powder.
- Whole spices 2 Cloves ,2 cardamom,1 cinnamon stick
- 1 tablespoon Extra virgin Olive oil or canola oil
- 3/4 teaspoon Salt

## Method:

1. Marinate the minced meat, mix with all the spice besides the whole spices, greens and oil and set aside for about 10 minutes.
2. Heat oil in pressure cooker or a saucepan. Add the chopped onions, whole spices and saute until golden brown.
3. Add the marinated meat, chopped herbs, season with salt and stir until meat has no lumps.
4. Add 1/2 cup of water and cover. Let cook for about 10-15 minutes in a pressure cooker or 30-40 minutes in a saucepan. Uncover and add the tomatoes, cook just until tomatoes are slightly tender about 3-4 minutes.
5. Garnish with more fresh herbs, serve with brown rice or whole grain flat bread(paratha\roti).

# Pomegranate Figs Smoothie

*\* Bonus Recipe*

Prep Time: 10 minutes

Cook Time: 0

Serves: 2

Meal: Drink



Recipe: Yasmen-healthnut.blogspot.ca

## Ingredients:

- 1 cup Pomegranate arils
- 3/4 Cup cold Water
- 1 ripe Banana
- 2-3 Dried Figs chopped
- 4-5 Strawberries

## Method:

1. Blend all ingredients together until smooth in consistency.
2. Served cold.