



YOU CAN COOK  
AND YOU DO HAVE THE TIME

**Kev's Kitchen**

## **CURRIED LAMB & CHICKPEAS**

**Time: 30 minutes**

**Serves: 6**

### **Ingredients:**

1 pound lean ground lamb  
19 ounce can chickpeas – rinsed and drained  
2 tomatoes – chopped  
1 jalapeno – seeded and finely chopped  
1 teaspoon fresh ginger – grated  
½ teaspoon kosher salt  
2 teaspoons ground coriander  
2 teaspoons ground cumin  
½ teaspoon ground turmeric  
¼ teaspoon stevia  
½ cup fresh cilantro - chopped

### **Preparation:**

Place a deep skillet over medium high heat. Add the lamb and cook, breaking apart the lamb and stirring often until browned.

Mix in all remaining ingredients except cilantro, stirring occasionally for ten minutes.

Remove from heat, mix in the cilantro and serve.

### **Nutritional Information Per Serving:**

Calories: 277  
Fat: 10g  
Carbs: 22g  
Fibre: 4g  
Protein: 23g