

Recipe adapted from [Weight Watchers UK](#).



Lamb Curry

- 1 t olive oil
- 1 onion, chopped
- 1 T of curry powder
- 1 14 oz. can of diced tomatoes
- 1 cube of chicken bullion
- 1 leftover lamb shank, meat chopped into cubes, fat trimmed
- 2 cups cooked jasmine rice seasoned with coriander and curry

In a skillet heat oil over medium-high heat. Add chopped onion and sauté for about three minutes. Add the curry and cook for another minute. Next add the tomatoes, lamb and chicken bullion to the skillet. Simmer, uncovered and stirring occasionally, for 15 minutes. Serve immediately over rice.