



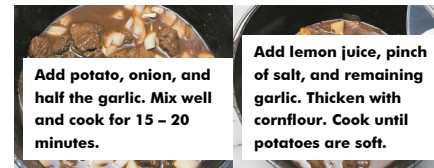
Ingredients

- ▲ 600 g kangaroo meat, diced
- ▲ 2 tbs curry powder
- ▲ 2 beef stock cubes
- ▲ 2 cups water
- ▲ 1 large potato, peeled and diced
- ▲ 1 1/2 large onions, peeled and diced
- ▲ 3 cloves garlic, crushed
- ▲ lemon juice
- ▲ 1 tbs cornflour

Method

1. Place roo chunks in pot with curry powder and cook for ¼ of an hour in own juices until meat has browned.
2. Put stock cubes in water and stir. Add to the pot and mix well.
3. Add potato, onion, and half the garlic. Mix well and cook for 15 – 20 minutes.
4. Add lemon juice, pinch of salt, and remaining garlic. Add tablespoon of cornflour to thicken. Cook until potatoes are tender.

Recipe from Deadly Tucker cookbook (Aboriginal & Torres Strait Islander-FOODcents manual, 2006), North Metropolitan Health Service, Department of Health WA. Reproduced with permission.



Serving Suggestion: Serve with rice or bread and salad or cooked vegies.

Nutrition Information

	per serving	per 100g
Energy	2248 kJ	504 kJ
Protein	44 g	10 g
Fat, total	6 g	1.2 g
— saturated	1.3 g	0.3 g
Carbohydrate	74 g	17 g
— sugars	3 g	0.7 g
Sodium	388 mg	87 mg
Fibre	6 g	1.4 g