

Mexican Lamb Bowls with Tomato Chutney

Yield: 4 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-tomato-chutney-recipe>

Ingredients:

- 1 1/2 cups brown rice
- 2 1/4 cups water
- 1 lamb leg steaks pack
- 1 tablespoon rub smokin' Mexican, From My Kitchen
- 250 grams frozen corn
- 1 tomato
- 1/2 cucumber telegraph
- 1/4 cup sour cream
- 1/2 tomato chutney pack
- 1/2 bunch coriander chopped

Nutrition:

1. Calories: 330 calories
2. Carbohydrate: 66 grams
3. Cholesterol: 5 milligrams
4. Fat: 5 grams
5. Fiber: 5 grams
6. Protein: 8 grams
7. SaturatedFat: 2 grams
8. Sodium: 40 milligrams
9. Sugar: 5 grams

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