

Kidney Stroganoff

115g / 4oz Lamb's kidneys

25g / 1oz onion

25g / 1oz mushrooms

5ml / 1 teaspoon oil

5ml / 1 level teaspoon butter

75ml / 3 fl oz water

¼ Beef stock cube

5ml / 1 level teaspoon tomato puree

Salt and pepper

25g / 1 oz pasta shapes or noodles

5ml / 1 level teaspoon cornflour

30ml / 2 level tablespoons low-fat natural yoghurt

Halve and core the kidneys. Finely chop the onion and slice the mushrooms. Heat the oil and butter in a small pan until the butter melts and stops foaming. Add the kidneys and cook until they change colour. Remove and keep warm.

Add the onion to the pan and cook until soft. Add the kidneys, mushrooms, water, stock cube and tomato puree. Season with salt and pepper. Cover the pan, bring to the boil and simmer for 8-10 minutes. You should have the same amount of liquid left after cooking. If not, add a little more water. Meanwhile, boil the pasta or noodles.

Blend the cornflour with a little cold water until smooth and add to the kidneys. Bring to the boil, stirring all the time, and simmer for 1 minute until the sauce has thickened and is smooth. Remove from the heat and stir in the yoghurt. Serve with pasta shapes or noodles.

Serves 1 / 330 calories

4.5 fat units / 2 grams fibre