

Lamb And Vegetable Casserole *Week 1*

Ingredients:

lamb cubes

1 onion

1 swede (small)

4 carrots (large)

570ml lamb stock

1 tbsp mint sauce

1 tsp oil

Method:

Heat a frying pan with a teaspoon of oil, add your lamb chops, approx 6 depending on the size of family

Only brown them then take them out and put in a deep casserole dish

Chop an onion, three medium potatoes, a baby swede, about four large carrots and add these to the casserole dish

Now for your stock - either use a lamb stock cube or gravy granules and add to about a pint of boiling water along with a tablespoon of mint sauce

Stir well and add to the casserole, making sure the liquid covers the meat and vegetables (if you prefer a thicker gravy, stir 2-3 tsp of cornflour into a drop of cold water - mix this into the stock and bring to the boil to thicken)

Cook in the oven for about 60-90 minutes at gas mark 4/180'C

