Slow cooked lamb casserole
RECIPE

Slow cooked lamb casserole

COOK TIME 8 hours
PREP TIME 15 mins
SERVES 4 x

Slow Cooked Lamb Casserole

INGREDIENTS

- Canola Oil Spray
- 500 g Lean Lamb, cubed
- 1 Onion (160 g), diced
- 2 Carrots (200 g), peeled & diced
- 2 Celery Sticks (80 g), sliced
- 2 Potatoes (300 g), peeled & diced
- 400 g can No Added Salt Diced Tomatoes
- 1 MasterFoods™ Lamb Casserole Recipe Base
- 1 cup dry Cous Cous

METHOD

1. Heat pan on medium. Spray with oil and cook lamb until browned.
2. Add lamb, onion, carrots, celery, potatoes, tomatoes and Recipe Base into slow cooker and stir.
3. Cook for 4 hours on high or 8 hours on low.
4. Meanwhile cook the cous cous and serve with your MasterFoods™ Lamb Casserole.
5. Please note slow cookers vary. This recipe is based on using a 3 litre slow cooker.
6. For a vegetarian option, swap the lamb with 2 cans of chickpeas, drained. Cook for 4 hours on low.

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