



RECIPE PACKS



PREP TIME: 15 Mins
COOK TIME: 60 Mins
SERVES: 6

Lamb Casserole

Ingredients:

- 1kg Lamb (boned and diced)
- 2 tbs plain flour
- 2 tbs olive oil
- 2 cloves crushed garlic
- 400g tinned tomatoes
- 2 tbs tomato paste
- 100ml dry white wine
- 1 Ltr veggie stock
- 3 Sprigs Rosemary
- 1 Bay leaf
- 1 Med Onion (Peeled and Diced)
- 1 Large potato (Peeled and Roughly chopped)
- 1 Med Carrot- or equivalent (Roughly Chopped)
- 250g Broccolini
- 1 Med Turnip (Peeled and Roughly chopped)
- 100g Parsnips (Peeled and Roughly Chopped)

Method:

Dust lamb in flour and put aside. Heat oil in a large pan or pot over medium to high heat, working in batches, cook Lamb for 5 minutes or until golden. Remove Lamb from the pan and put aside.

Add garlic, onion, tomato paste, tinned tomatoes, wine, stock, rosemary and bay leaf to the pan stir to combine.

Add veggies (all but the Broccolini) and lamb bring to the boil and then simmer uncovered for 50 minutes.

Add the Broccolini and cook for another 10 Minutes before serving.

Serve with some home made crusty bread!
(Check Out our Bread Bags)

Enjoy!



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