



Lamb and red pepper stew, Roasted Vegetables

Ingredients:

Ratios for Lamb and red pepper stew:

1kg Lamb (diced or minced)
1kg Diced red pepper
500g sliced onion
500g diced carrot
500g diced celery
1 head of garlic (chopped or pureed)
100g Rosemary
20g cumin seeds
1 tube tomato puree
1kg passata
½ tin chopped tomatoes
~ 1 to 2 ltr lamb stock diluted
200 to 400g red lentils
Salt and pepper

For Roast Veg:

1kg new potatoes
1kg Carrots and parsnips
Oil
Salt
Pepper
Rosemary
Thyme.

Method

For Vegetables:

1. Peel and chop carrots and parsnips, half new potatoes.
2. Par boil each separately carrots/parsnips roughly 10 minutes simmered, new potatoes roughly 14-15 minutes.
3. Drain and coat all together with the oil, salt, pepper and herbs.
4. Roast in a 200C oven for 30-45 minutes until roasted.

For Stew:

1. Sweat the onion, celery, carrot, garlic, rosemary and cumin seeds in oil until they have started browning.
2. Add in the diced red pepper.
3. Brown the lamb in a separate pan then add into the browned vegetables.
4. Add the tomato puree and cook out for 5 mins.
5. Add the passata, stock and tomatoes, leave to cook for 15-20 minutes.
6. Add lentils and cook for 30 minutes or until the lentils have dissolved.
7. Season to taste.
8. Leave to cool, chill and the freeze.