

Lamb Chop and Tomato Casserole

Serves: 4

Prep time: 15 minutes

Cook time: 75 minutes

 3 ½ serves per portion

Ingredients

4 lamb forequarter chops, fat trimmed
1 brown onion, sliced
1 carrot, sliced
2 garlic cloves, crushed
1 teaspoon dried oregano
½ teaspoon dried rosemary
½ tablespoon plain flour
1 cup beef stock, reduced salt
400g can diced tomatoes
400g can cannellini beans, drained and rinsed

Method

PREHEAT oven to 200°C/180°C fan forced.

BROWN lamb chops in a large casserole dish on the stove top. Remove and place on a plate.

ADD onion and carrot to the casserole dish and cook for 5 minutes until onion has softened.

ADD garlic, oregano and rosemary and cook for a further minute.

STIR in flour and add stock gradually.

CONTINUE stirring until smooth.

POUR in tomatoes and beans and place chops back into the dish.

COVER with foil or a lid and bake for 50 minutes.

REMOVE foil or lid and cook for a further 20 minutes.

SERVE with rice or mash and your choice of steamed greens.



Everyday Food

Recipe courtesy of the Country Kitchens team