

# Slow Cooked Indian Spiced Lamb



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**Food in a  
minute**

Another great recipe idea from

**Wattie's**

# Slow Cooked Indian Spiced Lamb

**Serves:** 5-6    **Prep time:** 10 minutes    **Cook time:** 5-7 hours (Slow Cooker)  
2½-3 hours (Oven Cook)

750g	lean lamb shoulder chops or 600g lamb leg steaks
1 Tbsp	ground cumin
1 Tbsp	ground coriander
2 Tbsp	chopped mint
1 large	onion, sliced
2 x 400g cans	<b>Wattie's Indian Style Tomatoes</b>
400g can	<b>Craig's Lentils in brine</b> , drained and rinsed



1. Turn the slow cooker on to low to pre-warm.
  2. Trim any excess fat from the lamb shoulder chops. Mix together ground cumin, coriander and mint. Rub the spice mix into the lamb.
  3. Place the spiced lamb into the slow cooker. Add the sliced onion. Pour over 2 cans **Wattie's Indian Style Tomatoes**. Cover with the lid.
  4. Cook on low for 5-7 hours, until the meat is tender. Stir in the drained **Craig's Lentils**. Cover and cook for a further 10-15 minutes, or until the lentils are hot. Season to taste. Serve with rice and seasonal vegetables.
- To oven cook:** Complete step 2 and place in a casserole dish. Cover. Cook at 160°C for 2½-3 hours, until meat is tender. Remove from the oven and add the drained lentils. Cover. Return to the oven and cook a further 10 minutes until the lentils are heated through.