

SLOW COOKED MOROCCAN LAMB



 Serves 4

 Prep Time 10 minutes

 Cook Time 2 hours



INGREDIENTS

- 4 lamb shoulder chops (approx. 750g)
- 1 red onion, sliced
- 420 g can **Wattie's Condensed Creamy Pumpkin Soup**
- grated zest of 1 lemon
- 1 Tbsp moroccan seasoning
- ½ cup water

METHOD

1. Cut each shoulder chop in half. Heat a dash of oil in a non-stick frying pan and fry chops until golden brown. Remove from pan and place in an oven-proof casserole dish.
2. Mix together the onion, drained **Craig's Chickpeas**, **Wattie's Condensed Creamy Pumpkin Soup**, lemon zest, moroccan

- 300 g can **Craig's Chickpeas in Brine**, well drained

seasoning, 1 cup of water and add to the casserole dish. Cover and cook in an oven preheated to 180°C for 2 hours.

3. Remove from the oven and serve with rice, a splash of lemon juice and your favourite green vegetables.

Crockpot/Slow Cooker Instructions:

Prepare the recipe following step 1 and place in a slow cooker with the remaining ingredients but with 1/2 cup water. Stir to combine and cook on LOW for approx 8 hours (refer to your user manual). Serve as directed above.