

## SLOW COOKED MEDITERRANEAN-STYLE LAMB



 Serves 4-6

 Prep Time 5 minutes

 Cook Time 7-8 hours on low



### INGREDIENTS

- 2 onions, thickly sliced
- 4 cloves garlic, sliced
- 4-6 Quality Mark lamb shoulder chops, trimmed of fat
- 400 g can **Wattie's Italian Style Tomatoes**
- 1 Tbsp paprika
- 1 Tbsp tomato paste
- 2 sprigs sprigs rosemary

### METHOD

1. Preheat the slow cooker on low. Place the onions and garlic into the cooker and place the Quality Mark lamb shoulder chops on the vegetables.
2. Mix **Wattie's Italian Style Tomatoes**, paprika and tomato paste together. Pour this over the lamb. Add the sprigs of rosemary. Cover and cook on low for 7-8 hours. One hour before the end of cooking, add **Wattie's frozen Rainbow Mix Vegetables**. Continue cooking until lamb is cooked and vegetables are hot. If you want to

- ¾ x 700 g bag **Wattie's frozen Rainbow Mix Vegetables**
- 2-3 tsp cornflour (optional)

thicken the sauce, mix cornflour with 1 Tbsp of cold water and whisk into the sauce. Serve with creamy mashed potatoes.

#### **To oven cook**

Follow instructions for the slow cooker but place in a casserole dish and add an extra 400g can **Wattie's Italian Style Tomatoes** or 1 cup of stock. Cover. Cook at 160°C for 2 - 2 1/2 hours. 15 minutes before the end of cooking, add the frozen vegetables.

*\* This recipe is classified as Gluten Free. To the best of our knowledge, the ingredients used in this recipe including the Heinz Wattie's products do not contain any added cereals containing gluten or ingredients derived from cereals containing gluten. It is important to carefully read ingredient labels on food products because foods can sometimes be reformulated and the ingredients, allergens or nutrition information can sometimes change without notice.*