

SLOW COOKED LAMB AND LENTILS



Serves 4



Prep Time 10 minutes



Cook Time 5-6 hours on low



INGREDIENTS

- 1 onion, peeled and sliced
- 2 carrots, peeled and sliced into thick pieces
- 1 parsnip, peeled and cut into thick pieces
- 4 lean lamb shoulder chops
- 400 g can **Wattie's Lentils in Springwater**, drained

METHOD

1. Turn slow cooker onto low to preheat.
2. Arrange onions, carrots and parsnips in the base of the slow cooker. Place the lamb shoulder chops onto the vegetables.
3. Add the drained **Wattie's Lentils**.
4. In a jug mix together **Wattie's Crushed and Sieved Tomatoes** and Worcestershire sauce. Pour over the lamb. Add the bay leaves. Cover. Cook on low for 5-6 hours, until the lamb is

- 400g can **Wattie's Crushed and Sieved Tomatoes**
- 1 dash Worcestershire sauce
- 2 bay leaves

tender. Serve with rice or mashed potatoes and seasonal greens.

TIPS

Oven Cook

Preheat oven to 160°C.

Prepare as for slow cooker but place ingredients in an ovenproof dish. Cover. Place in the oven and cook for 1 1/2 - 2 hours until meat is tender.