

SLOW COOKED LAMB CASSEROLE RECIPE

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COOK TIME
8 hours
PREP TIME
15 mins
SERVES
4 x
SLOW COOKED LAMB CASSEROLE
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INGREDIENTS

- Canola Oil Spray
- 500 g Lean Lamb, cubed
- 1 Onion (160 g), diced
- 2 Carrots (200 g), peeled & diced
- 2 Celery Sticks (80 g), sliced
- 2 Potatoes (300 g), peeled & diced
- 400 g can No Added Salt Diced Tomatoes
- 1 MasterFoods™ Lamb Casserole Recipe Base
- 1 cup dry Cous Cous

METHOD

1. 1.

Heat pan on medium. Spray with oil and cook lamb until browned.

2. 2

Add lamb, onion, carrots, celery, potatoes, tomatoes and Recipe Base into slow cooker and stir.

3. 3.

Cook for 4 hours on high or 8 hours on low.

4. 4.

Meanwhile cook the cous cous and serve with your MasterFoods™ Lamb Casserole.

5. 5

Please note slow cookers vary. This recipe is based on using a 3 litre slow cooker.

6. 6

For a vegetarian option, swap the lamb with 2 cans of chickpeas, drained. Cook for 4 hours on low.

Source URL: https://www.masterfoods.co.nz/Recipes/slow-cooked-lamb-casserole