FFC
FIT FAST COOK
HOMEMADE IS HEALTHY

Lamb Casserole, so simple and rich!



Serves	Prep Time	Cooking	Total Time	Calories
4 people				**kcal**

Stuff that's in it:

• Oil

• 100G Mushrooms (Chopped)

• 1 Courgette (Diced)

• 4 Lamb Leg Steaks (Trimmed)

• 2 Cloves Garlic

• 2 Tbsp Tomato Purée

• 1 Onion (Chopped)

• 2 Carrots (Chopped)

• 6 Vine Ripened Tomatoes (Quartered (Juicy))

• 1 Knor Really Rich Beef Stock Cube

• 200Ml Red Wine

What you do:

Pre heat your oven to 175˚c

In a large casserole pan, squirt your oil and add the mushrooms, onion and carrot and garlic,□and courgette and lamb!BREKBrown everything off then add the tomatoes and purée, add the stock cube and wine, bring to the boil, then remove from heat, add the lid and place in the oven for 1 hour.

Nutrition

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