



Slow Cooked Lamb Casserole



Great Because...

Simple and affordable, poached pears with yoghurt is a yummy breakfast that is a little different from toast or eggs and is perfect for those warmer summer days. With baby led weaning meal ideas, simplicity is key and this recipe couldn't be easier!

Prepare in... 15 mins

Cooks in... approx 8 hours

Serves... 4/5

Ingredients

- 800g diced lamb steak (for stewing)
- 1/2 teaspoon pepper
- 1 1/2 teaspoons dried rosemary
- 400g vegetable soup
- 2 teaspoons minced garlic
- 10 shallots, peeled and sliced in half
- 4 carrots, peeled and diced into 1" cubes
- 2 parsnips, peeled and diced into 1" cubes
- 70g frozen peas (enough to fill a small mug)
- 2 tablespoons cornflour or gravy granules (to thicken if desired)

How To Make

1. Simply add all ingredients except peas and cornflour or gravy granules into your slow cooker, stir well and cover
2. Cook on low for 8 hours
3. After 8 hours, stir through peas and cornflour or gravy granules (if desired) to thicken for 5 minutes
4. Serve once cooled with rice, mashed potato, or boiled new potatoes

