

## Lighter lamb hotpot

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*This is a delicious, healthy and hearty main meal.*

### **Ingredients:**

600g	Bite size chunks of lamb steak
2	Onions – roughly chopped
2	Garlic cloves – roughly chopped
250g	Celery – finely chopped
3 tsp	Olive oil
400g	Carrots – roughly sliced
Handful	Rosemary and thyme
1 tbsp	Plain flour
1	Beef stock in 500ml water
2 tbsp	Worcestershire sauce
2 tbsp	Tomato puree
650g	Floury potatoes – thinly sliced
Pinch	Salt and pepper

### **Directions:**

- Preheat the oven to 160C or gas mark 3
- Remove any fat from the lamb and cut into small chunks
- Heat some oil in a casserole dish and brown the lamb on both sides and place on a plate
- Add a little more oil and add the onion, garlic, celery and carrots and fry for 4 minutes
- Add the rosemary and thyme and sprinkle flour over the vegetables – continue to heat for 2 minutes
- Return the lamb to the veg and pour over the beef stock, Worcestershire sauce and tomato puree
- Bring to the boil and then turn off the heat
- Layer the potatoes in 2 layers over the hotpot and season
- Turn up the oven to 180C and cook for 1 hour 45 minutes
- After cooking, remove the lid and cook for 15 minutes until the top is brown.
- Enjoy!