

Lamb Casserole with Sage and Onion Dumplings



what you need

- 300g John Penny stewing lamb, cubed
- 30ml olive oil
- 2 onions, chopped
- 2 cloves garlic, crushed
- 150g carrots, peeled and sliced
- 30g plain flour
- 2 vegetable stock cubes
- 200g potatoes, peeled and diced
- 40g sage onion stuffing mix
- 150g frozen peas
- salt
- freshly ground black pepper

Cooking time: 1 hr 40 mins

Serves: 4

how to cook

- 1 Preheat the oven to Gas 4, 180°C, fan 160°C, 350°F.
- 2 Heat the oil in a large flameproof casserole dish, add the lamb and sauté for 5 minutes, stirring occasionally until golden brown. Transfer to a plate with a slotted spoon.
- 3 Add the onion, garlic and carrots to the casserole dish and sauté for 4 minutes. Stir in the flour and cook, stirring for 1 minute.
- 4 Dissolve the stock cubes in 1.15ltr boiling water from the kettle then pour into the casserole.
- 5 Return the meat to the dish along with the potatoes. Cover and oven bake for about 1 hour or until the lamb is quite tender.
- 6 Meanwhile, make up the stuffing mix with 100ml boiling water from the kettle, according to pack instructions.
- 7 Leave to stand for a few minutes before rolling into 8 walnut sized balls.
- 8 Add the stuffing balls to the casserole with the peas cover and bake for a further 20 minutes or until the lamb is tender. Serve piping hot.