

Roast Lamb, Roasted Root Vegetables and Potatoes with Green Vegetables

Serves 10

Ingredients	
1.5 kg joint of lamb	1 tbsp (15 ml) sunflower oil
2 (200g) large onions, peeled and quartered	1 Kallow, very low salt stock cube
2 (200g) large carrots, peeled and quartered	½ litre water
2 (300g) parsnips, peeled and quartered	1 tbsp (15g) plain flour
1 large (200g) sweet potato, peeled and chopped into chunks	400g green vegetables
4 (600g) potatoes, peeled and quartered	

- METHOD:
- Pre heat the oven to 240c, 475F, Gas 9
- Take meat out of the fridge.
- Prepare root vegetables and potatoes and place them in a large roasting tray, add the sunflower oil and turn the vegetables with a spoon to ensure they are evenly coated.
- Place the meat on top of the vegetables.
- Put the meat and root vegetables into the preheated oven, after 10 minutes turn the heat down to 200c, 400F, Gas 6 and cook for 1 hour 20 minutes
- If the meat is browning too quickly, cover with some tin foil.
- While the meat is cooking prepare your green vegetables.
- When the meat is cooked, remove from the oven and allow to stand for a few minutes, keep the roasted vegetables warm.
- Keep the meat and vegetable juices to make a gravy by thickening the juices with the flour, then gradually stir in the liquid stock to make a gravy.
- Cook the green vegetables and carve the meat
- Serve with 1-2 slices of meat 2 tablespoons of the roasted roots and potatoes and 1 tablespoon (40g) of the green vegetables and a little gravy.



- ✓ COOK'S TIP – FOR PUREE DIETS, MAKE A PARSNIP AND POTATO PUREE
- ✓ FOR VEGETARIAN DIETS, SERVE QUORN FILLET AND GRAVY MADE FROM VEGETABLE STOCK- COOK ROASTED VEGETABLES SEPARATELY
- ✓ FOR WHEAT FREE DIETS, THICKEN GRAVY WITH WHEAT FREE FLOUR

Nutrition analysis per serving							
Energy (kcal)	Protein (g)	Fat (g)	Carbohydrate (g)	Sugar (g)	Salt (g)	Iron (mg)	Calcium (mg)
354	34	16	20	0.2	0.6	2.1	45