

Red Crew

AMALUNCHBOX LAMB POTJIE



Ingredients

Enough to feed 200 hungry kids

- Pre SOAKED broad beans
- Potjie lamb cuts
- ROBERTSON'S Mixed Herbs
- Salt and pepper
- Red Onions
- Red peppers
- Thyme
- Rosemary
- ROBERTSON'S Whole bay leaves
- ROBERTSON'S Ground Coriander
- ROBERTSON'S Cinnamon powder
- Potatoes
- Carrots, roughly chopped
- Green beans, topped, tailed and chopped
- Wholegrain mustard
- Worstechire sauce
- Tin of chopped tomatoes

Coat lamb pieces in flour, Robertsons mixed herbs, seasoning. Soften red onions, red peppers in a pot with olive oil - add finely chopped thyme, rosemary, whole bay leaves, coriander powder and cinnamon.

Brown lamb in pan before adding the vegetables. Add water, lamb stock cubes, whole grain mustard, worstechire sauce. Add chopped tomatoes. When meat is half cooked, add potatoes, soaked broad beans, carrots and green beans

Proceed on low and slow boil till potatoes are cooked.

