

Oriental lamb hot pot

Total time 155 mins 20 mins preparation time 135 mins cooking time

INGREDIENTS

4 portion(s)

2	onions, sliced into rings
2	carrots, peeled and sliced
8	lamb chops, trimmed of
	excess fat
115 g	Puy lentils
2	medium sized potatoes,
	peeled and finely sliced
450 ml	hot lamb stock
4 tbsp	Kikkoman Teriyaki
	Marinade
1	parsnip, peeled and finely
	sliced
25 g	butter, diced
225 g	mange tout
2 tbsp	chopped fresh parsley

PREPARATION

Step 1

Pre heat the oven to 150°C / 300°F / Gas 3. Layer the onions, carrots, lamb chops, lentils and one of the potatoes in a medium to large casserole dish.

Step 2

Stir together the stock and Kikkoman Teriyaki Marinade. Pour over the layered ingredients.

Step 3

Arrange the remaining sliced potatoes and parsnips over the top of the layered ingredients and cover with a lid. Bake for 1 hour 30 minutes.

Step 4

Remove the casserole from the oven and carefully baste the casserole with the cooking juices. Dot the potatoes and parsnips with the diced butter. Increase the oven temperature to 180°C/ 350°F/ Gas 4. Bake uncovered for a further 30-45 minutes.

Step 5

Steam the mange tout and place on plates. Divide the hot pot over the vegetables and garnish with parsley.