

# Roast Lamb and Vegetables

## Ingredients

Lamb Cutlets	—
1-2 potatoes	Handful of broccoli
$\frac{1}{2}$ carrot	2-3 tablespoons of Sweetcorn
Handful of peas	$\frac{1}{2}$ onion
	1 tablespoon -Ready-made gravy

## Method

1. Set the oven temperature to 180 on electric and 5 on gas
2. Peel the potatoes and carrot and dice them into cubes- put to part boil.
3. Lightly fry the lamb and set to the side.
4. Sieve the Potato and carrot.
5. Put the Lamb, potato and carrot in the baking tray and put it in the oven for 15-20 minutes. Sprinkle oil
6. Cut the onion finely
7. Add the gravy powder to the measuring jug and mix with a fork.
8. Fry the onion and add gravy. While Boil/ steam the Broccoli peas and put them to the side.
10. Serve.