



# Food For Thought Recipe and Allergen Card

## Lamb Hot Pot

### 100 Portions

Ingredient	Hannah Product Code	Quantity
Diced Lamb		6k
Carrot - Diced		2k
Onion - Diced		2k
Garden Peas	F003010	1k
Potato – Cut into thin slices		5k
Knorr Gravy Powder	D006533	As per instructions
Swede		2k
Sweetcorn	F003015	1k
Salt and Pepper		To taste
Dried thyme		1 tbsp
Garlic - diced		5 cloves
Olive Oil	D001010	For frying
Margarine	C000266	100g

#### RECIPE METHOD – ALLERGENS

1. In a large sauce pan add enough oil for frying and heat it until very hot
2. Add the diced onion and cook for 2 minutes
3. Add the lamb and season well with salt, thyme and pepper
4. Cook until nicely browned
5. Add enough water to just cover the ingredients in the pan and bring to a simmer – cook for 1.5 hours until the lamb is tender.
6. Add the diced carrot and swede and cook with the lamb for 10 minutes, add the garlic
7. Follow the manufacturer’s instructions to thicken the mixture with gravy powder
8. Transfer mixture to a baking dish, arrange the sliced potato on the top and dot with margarine
9. Cook in the oven at 170°C or until the potatoes are cooked through and nicely browned on the top.

The allergens highlighted in **RED** are present in this dish

Allergens:

Cereals : Wheat  
Rye  
Barley  
Oats  
Spelt  
Kamut

Milk

Eggs

Peanuts

Tree Nuts

Sesame

Fish

Crustaceans

Molluscs

Celery

Mustard

Soya

Lupin

Sulphites

May contain...