



# BrendonCare

## Cooking For One

### **Lamb Casserole with Minted Dumplings**

#### Ingredients

3oz Minced lamb frozen  
1oz Diced onion frozen  
2oz Frozen vegetables (stew pack)  
Pinch of mixed herbs and bayleaf  
2oz Broth mix  
1/2pt Water  
1 tsp Bouillon  
Black pepper to taste  
1oz frozen peas  
Dumplings mix and water  
Mint sauce or chopped fresh mint or dried mint.



#### Method

1. Soak the broth mix in cold water overnight.
2. Fry the frozen lamb in hot pan. (The pan will need a tight fitting lid).
3. Add the frozen diced onions and mixed vegetables.
4. Stir in the strained soaked broth mix.
5. Pour over the water and sprinkle in the bouillon powder, and bring to the boil.
6. Reduce to a simmer for 5 mins whilst making the dumplings.
7. Make the dumplings as per packets instructions as well as mixing in the mint, roll into balls and place on the top of the casserole.
8. Put the lid on the pan and simmer for 25 minutes.
9. Remove the lid sprinkle the peas around the dumplings, replace the lid and cook for a further 5 mins.