



BAKED LAMB CHOPS WITH ROSEMARY

Serves 4

Preparation time: 10 minutes

Cook time: 45 minutes



INGREDIENTS:

1 907g bag Aunt Bessie's

Homestyle Roast Potatoes

8 lamb chops, fat removed

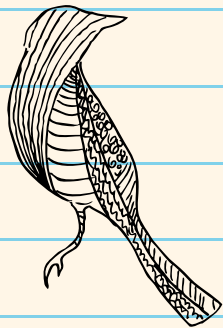
2 tablespoon fresh rosemary leaves,
roughly chopped

2 tbsp olive oil

1 dessertspoon plain flour

425ml lamb or chicken stock or water

1 tbsp redcurrant jelly



INSTRUCTIONS:

1. Preheat oven to 230°C, gas mark 8.
2. Bake Aunt Bessie's Homestyle Roast Potatoes according to packet instructions.
3. Meanwhile, in a large frying pan, heat oil over a moderate heat.
4. Brown lamb both sides for two minutes.
5. Add the chopped rosemary and continue to cook on a low heat for five to seven minutes.
6. Serve with Aunt Bessie's Homestyle Roast Potatoes.

Onion gravy:

Finely slice 1lb of onions and slowly soften in a mixture of butter and oil. Cook gently until caramelised and dark brown. Stir in 1tblsp of flour and cook for a minute or so. Add half a bottle of red wine and 0.5pt of stock or water - simmer until thick and luscious. Season to taste. Heaven.

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