

ONE-PAN-WONDER LAMB CHOP AND ROAST VEGETABLE DINNER

4 lamb loin chops
¼ head of cabbage, roughly chopped
½ a butternut, cubed
1 red pepper, cubed
4 baby marrows cut into quarter's
5 – 6 mushrooms also quartered
1 sweet potato, cubed
2 – 4 tablespoons olive oil
2 tablespoons balsamic vinegar
1 teaspoon dried oregano
1 teaspoon honey
1 teaspoon whole grain mustard
Salt and pepper

Pre-heat the oven to 180 °C while you are preparing your vegetables. I don't like to peel my butternut and sweet potato. The skins add flavour, extra nutrients and crispiness. Place all the vegetables in a sheet pan/ roasting tin and season with some salt and pepper. Mix in one to two tablespoons of olive oil, cover with tin foil and roast for 35 min.

While the veg is going, place the lamb loin chops in a zip lock bag with one to two tablespoons of olive oil, the balsamic vinegar, oregano, honey and mustard. Leave to marinate while the veggies are cooking.

Once the veggies are soft turn on the grill function on your oven and turn it up to maximum heat.

Push the veggies to one side of the pan and place the four chops on the other side. Drizzle the left over marinade in the bag over the veggies.

Grill the veg and chops in the oven for 10 min on one side and then 5 min on the other side.

I served mine with some ready-made hummus and pine nuts. It will also be delicious with some couscous or bulgar wheat.



This one is ready in under an hour and leaves very minimal washing up, perfect for a mid-week meal.