

£2.39 for the best part of 1Kg of Lamb ribs. Well yes there's a lot of

bone. But a good deal of meal for 3 of us.

## **Ingredients:-**

1kg Rack of Lamb

Mixed dried Herbs

**Dried Mint** 

4 cloves of Garlic Minced

15g sliced fresh Ginger

3 Bullet Chillies finely chopped

1/4 tsp Salt

Juice of 1 Lime

60ml Soy Sauce

120ml Sunflower Oil

3 tbsp Brown Sugar

2 tbsp White Wine Vinegar

4 tbsp water

## **Cassoulet Ingredients:-**

- 1 Tin of Chick Peas
- 2 Onions cut into quarters
- 2 Carrots cut into chunky batons
- 3 outer leave of Savoy Cabbage shredded

## **Method:-**

- (1) Mix the marinade ingredients.
- (2) In a deep sided tray massage the marinade into all surfaces of the meat.
- (3) Cover and place in the fridge overnight.
- (4) Lift out the Lamb and layer the Cassoulet ingredients and then lay the marinated Lamb over

the top, spooning over marinate to ensure the meat is well covered.

- (5) Cover with foil and roast at 180c for 1 ½ hours.
- (6) Uncover and continue to roast for a further 20 minutes.

We served ours with roasted and double fried crispy chips, home made Garlic Bread and Coleslaw. This was the best meal we've had in a long long time!