



£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
¼ 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 marinade 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!