

COOK

Family Roast

FOR SIX

West Country Lamb with Garlic & Rosemary, Roast Potatoes, Trio of Greens, Roasted Carrots with Orange & Thyme, Red Wine & Madeira Gravy

COOK FROM FROZEN IN 2 HOURS

You will need:

- 3 x medium roasting trays
- 2 x medium saucepans
- vegetable oil
- kitchen foil
- knob of butter (optional)



TABLE TALK

Good conversations don't happen by accident. Try to listen more than you speak, let one person talk at a time, and try to understand differing opinions. Here are some open-ended questions to get you going. Happy chatting!

Which talent would you most like to have and why?

What is your idea of perfect happiness?

Which living person do you most admire and why?

What is your favourite journey?

NB: A full oven affects cooking times, so the timings on this card differ from those on the packaging of each individual dish.



2 hours 15 mins before you plan to eat	<ul style="list-style-type: none">• Put the oven on: 170°C (fan) / 190°C (electric) / Gas 5.• Pop your frozen gravy out of its tray and into a medium saucepan and leave on the hob to thaw. Do the same with your trio of greens.
2 hours before	<ul style="list-style-type: none">• Put your frozen lamb on a roasting tray then into the oven, middle shelf, uncovered.
55 mins before	<ul style="list-style-type: none">• Drizzle some oil into a large roasting tin for your potatoes and pop it on the top shelf to heat for a few minutes.• Empty your frozen carrots onto another medium baking tray, spreading out as thinly as possible, and put in the oven on the bottom shelf.• Take out the heated roasting tray, carefully empty your frozen roast potatoes onto it so they're in a single layer and return to the top shelf of the oven.
30 mins before	<ul style="list-style-type: none">• Toss the potatoes and carrots so they cook evenly.• Remove the lamb from the oven. It should be cooked <u>medium rare</u> in the middle. You can check by slicing into the meat (remember, it will continue to cook while resting). Return to the oven if it's too pink for you.• When you're happy, remove the lamb and cover with foil – it needs resting well before carving. (The lamb may produce some thicker juices as it rests which is entirely normal when the bone has been removed.)
20 mins before	<ul style="list-style-type: none">• Start to cook your gravy on a medium heat. When the gravy starts to bubble, reduce to a low heat and keep hot until ready to serve. If it's a bit thick for your liking you can add juices from the resting lamb and/or a splash of water or wine.
15 mins before	<ul style="list-style-type: none">• Start to cook your trio of greens on a medium heat, stirring occasionally to prevent sticking (add a splash of water if necessary). (NB: You can also microwave as per instructions on pack.)
Serving	<ul style="list-style-type: none">• Check everything is piping hot and cooked to your liking. You can stir an extra knob of butter through the carrots to give them some extra shine.

Your oven may have its own quirks, so these cooking times are a guide.
Keep an eye on it and check everything's piping hot before serving.

