

# Lamb with Garlic and Sweet Potatoes

Serves 4

Gluten, Dairy, Wheat and Egg Free



## Ingredients:

8 Lamb Cutlets

4 tbsp Olive oil

1 kg/ 2lbs Sweet Potatoes, cubed.

2 red onions, cut into wedges.

8 Garlic cloves, peeled but left whole.

1 tbsp Muscovado sugar

Juice of 1 lemon

1 small lemon thinly sliced

1 table sp fresh thyme leaves

A few whole sprigs thyme

## Instructions

1. Preheat the oven to 220C/ 425F Gas 7

2. Heat the olive oil in a large frying pan. Add the sweet potato cubes, onion wedges, garlic and sugar and fry, stirring over a high heat for about 5 mins until vegetables start to soften and caramelise. transfer to roasting tin.

3. Sprinkle lemon juice, lemon slices, thyme leaves and seasoning over vegetables then top with lamb chops and thyme sprigs.

4. Roast in the oven for 25-30 mins until the lamb is cooked and the sweet potatoes are tender. Serve immediately.

