Baked Lamb Shoulder Chops

BEEF + LAMB
NEW ZEALAND
Serves 4  
Preparation Time: 20 mins  
Cooking Time: 1½ hours

Lamb
4 Quality Mark lamb shoulder chops

Vegetables
1  onion, finely chopped
1  teaspoon ground ginger
1  teaspoon turmeric
½ cinnamon stick
1  green chilli, deseeded and finely chopped
2  medium-sized carrots, peeled, halved and cut into 7cm lengths
1½ cups butternut pumpkin, peeled and cubed
400g can chopped tomatoes in juice
250ml beef stock
2  tablespoons fresh coriander leaves, roughly chopped
2  tablespoons fresh parsley leaves, roughly chopped

To serve
1 tablespoon fresh coriander leaves
400g steamed couscous

Preheat oven to 170°C.

Lamb:  Heat a dash of oil in a large frying pan (or use a casserole dish which can be used on the stove top), and brown lamb shoulder chops on both sides. Transfer to a casserole dish.

Lower the heat, add another dash of oil to the frying pan and cook the onion until soft, at least 5 minutes, then add the ginger, turmeric, cinnamon stick and chilli. Stir and cook for 1 minute until aromatic. Add the carrots and pumpkin and stir well to coat with the spice mixture. Pour in the chopped tomatoes and stock and bring to the boil. Stir through chopped herbs and pour over the lamb shoulder chops. Place in the oven for 1½ hours until the lamb is meltingly tender.

To serve: Remove chops from the oven, stir through the chopped coriander leaves and serve hot with steamed couscous. Use the tasty broth to moisten the couscous.