Braised Lamb Chops.

***5 Points per serving 20 Points per Recipe***

**Serves 4**

Prep time 30 Minutes

Cook time 1 Hour

Calories per serving 385

Freezing recommended

**Ingredients**

1. 2 tablespoons of plain flour
2. 4 Lamb leg steaks trimmed of all fat weighing 450g (1 LB) in total
3. Low fat cooking spray
4. 1 large onion sliced
5. 150 mL of stock = a bit more than 5 Fluid Oz
6. 450 g (1LB) Sweet Potatoes, peeled & sliced thickly
7. 100g 3.5 Oz) Mushrooms sliced thickly
8. Beef tomato sliced thickly
9. Seasoning – salt, black pepper, cayenne

**Method.**

* Mix Flour & seasoning, spread out on kitchen roll on flat surface and roll the meat until covered.
* Heat a large frying pan, spray with oil and brown the lamb for a few minutes on each side.
* Remove from the pan and set aside.
* Spray the pan again and fry the onion until softened.
* Add herbs and stock and stir lifting anything stuck on the pan.
* Arrange a layer of sweet potato slices on the bottom of the pan and add the lamb.
* Cover and cook gently for 30 minutes.
* Add the mushrooms and a layer of tomato slices.
* Season and cook for another 10 minutes.