Lamb & Tomato Potjie
RECIPE

Lamb & Tomato Potjie

Cooking time	120 mins
Preparation time	15 mins
Serves	6

Test your cooking skills with a Lamb Potjie. Soaked in Brown Onion, releasing delicious flavours.

Ingredients

- 12 lamb chops
- 15 ml oil
- 2 tins chopped tomatoes
- 4 carrots, thickly sliced
- 6 potatoes, peeled and thickly sliced
- 1 packet Royco® Brown Onion Packet Soup
- 100g green beans, sliced

Vegetarian

Replace the lamb in this recipe with butternut and reduce the cooking time. It's ready when the veggies are cooked through.

Family Friendly

While the potjie is bubbling away, build up an appetite by spending some quality time with the kids playing garden cricket or soccer.

Method

1. Heat a no. 3 potjie pot over moderate coals. Brown the lamb chops in the hot oil, in batches.
2. Add 375 ml water, cover and cook for 45 minutes.
3. Remove the lid, spread the chopped tomatoes over the lamb, then layer the carrots and potatoes on top. Add another 125 ml water if necessary.
4. Cover potjie pot with its lid and leave to cook for 1 hour. Add the occasional log to the fire to keep the potjie simmering.
5. Mix the contents of the packet of Royco® Brown Onion Packet Soup with 250 ml

water, and add to the potjie with the beans. Cook, uncovered for another 15 minutes.
6. Carefully stir the potjie and serve.
7. Lamb knuckle or neck can also be used in this recipe. This recipe could also be made in a casserole pot in the oven.

Recipe Tags

Packet Soups, Lamb, Stew, Meat and Veg

Related Recipes



Roasted Garlic & Lemon Lamb Kebabs on Couscous

Cooking time

15 mins

Preparation time

60 mins

Lamb Tray Tagine

Cooking time

180 mins

Preparation time

20 mins

Stuffed Cabbage Rolls

Cooking time

75 mins

Preparation time

20 mins

Spiced Couscous with Pork and Almonds

Cooking time

10 mins

Preparation time

20 mins

Beef Short Rib with Sweet Potato Bake

Cooking time

50 mins

Preparation time

20 mins



Sticky Chicken Wings

Cooking time

15 mins

Preparation time

5 mins



Meatballs & Potato Wedges

Cooking time

30 mins

Preparation time

5 mins



Beef Stew with Soft Dumpling

Cooking time

90 mins

Preparation time

30 mins



Mediterranean Vegetable Hot Pot

Cooking time

40 mins

Preparation time

15 mins

One Pot Wonder

Cooking time

60 mins

Preparation time

20 mins

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