



*2 lbs lamb mince (you could add a little lambs liver too)*

*1 big onion*

*lard/other fat*

*1 litre lamb stock (or other)*

*Green peas - frozen*

*Green beans - frozen*

*Courgettes sliced*

*Salt, pepper, and mixed herbs: fresh mint if available*

Brown mince and/or liver in the fat in a pan. Add onions until soft.

Add the stock, peas and beans and fresh mint and bring to the boil.

Add salt and pepper.

Place in an ovenproof casserole dish. Place the courgette on top. Sprinkle with herbs and a little salt.

Put in the oven at 160 C. (fan)/180C./ 350. F for approximately one hour, or until thoroughly cooked through.