



## Creamy samp recipe with cheese

### Ingredients

- 2 tbsp Oil, sunflower, linoleic, (approx. 65%)
- 200 g Onions, Raw
- 10 g Garlic, Raw
- 10000 g Lamb/ Mutton Raw
- 410 g Tomatoes, Crushed, Canned
- 10 g Spices, Paprika
- 60 g MAGGI Lazenby Worcester Sauce
- 45 g Fruit Chutney
- 750 g Lamb Stock
- 2 g Thyme, Fresh
- 150 g Potatoes, raw, skin
- 300 g Green Beans, Cooked And Sliced
- 250 g Nestle Dessert & Cooking Cream
- 1.4 g Salt, Table
- 1.4 g Spices, Pepper, Black
- 15 Level tablespoons Spearmint, fresh
- 400 g Cooked Samp
- 60 g Cheese, Parmesan, Grated
- 30 g Parsley, Fresh

### Instruction

1. Heat the oil in a pot and brown the meat, in batches, for 2-3 minutes per side. Set aside and return the pot to the stove. Gently fry the onions and garlic for 5 minutes.
2. Add the tomatoes, paprika, MAGGI LAZENBY Worcestershire sauce, fruit chutney, stock and thyme. Cover and simmer for 1 hour. Add the potatoes and cook for 30 – 45 minutes, or until the meat and potatoes are tender. Add the beans and cream and cook for 5 minutes.
3. Season with salt and pepper and stir in the mint.
4. Heat the oil in a pan and gently fry the onion and garlic for 5 minutes.
5. Add the cooked samp, 125ml vegetable stock and 1/2 can of NESTLÉ dessert and cooking cream, and simmer for 8-10 minutes.
6. Remove from the heat and stir in the Parmesan cheese, parsley and black pepper.

Nutrition

🕒 135 Minutes

⊕ 8 Portions