



The FullCrumb Kitchen
Cooking with Surplus food

HOT POT

Ingredients

- 1kg lean lamb or beef mince
- 4 x rasher smoked bacon – finely sliced
- 4 x large potatoes – finely sliced
- 2 x large onions – sliced
- 4 x carrots – diced
- 1 x turnip – 2cm diced
- 2 x parsnips – 2cm diced
- 2 tbsp smoked paprika
- 3 x bay leaves
- 3 x tins mixed beans
- 2 x veg stock cubes
- 2 tbsp plain flour
- Dash of Henderson's relish
- Fresh or dried Thyme
- Unsalted butter – few knobs

PREPARATION: 20 MIN

COOKING: 90 MIN

SERVES: 8 - 10

Directions

1. Add a couple of lugs of olive oil to a large pan on a medium heat. Add the onion, carrots, parsnip and turnip and cook until starting to slightly colour and the onions begin to become translucent
2. Add in the smoked bacon and cook through, now add in the smoked paprika and the mince meat. Cook until the mince has browned and add a dash of Henderson's (or worcestershire sauce)
3. Add in the flour and stir through until dissolved into the meat and veg. Add the stock cubes and enough boiling water to cover the vegetables. Simmer and add the beans and bay leaves.
4. Add everything to a large roasting tray and layer the sliced potatoe over the top to cover. Season with salt & pepper and sprinkle over the thyme. Add a few knobs of butter dotted around the top.
5. Cover with foil and pop in the oven on 180° for 30 mins, remove the foil and cook for another 30 mins until the potatoes are golden. Check the food is piping hot.

Note: Try experimenting with other vegetables, or sprinkle over some mature cheddar



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FULLCRUMB EGG WHITE OMELLETE

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