



## Juicy Lamb and Vegetable Ragout

### Ingredients

- 1 kilogram Lean beef, thin steak slices
- 1 Sachet MAGGI® Juicy Coriander & Garlic Mix
- 200 g Green peas
- 1 Small Onion, finely chopped
- 100 g Tomato, diced
- 14 g Olive oil
- 5 g Parsley, fresh
- 1 cup Basmati rice

### Instruction

1. Preheat oven to 200°C and place rack on medium level.
2. Place lamb pieces in provided oven bag, add the MAGGI® Juicy Coriander and Garlic spice mix, peas, tomatoes and olive oil and gently toss to coat meat.
3. Use provided red tie to close the bag and lay flat on an oven tray.
4. Place tray in preheated oven and cook for 50 minutes for medium done-ness.
5. Remove tray from oven, cut special oven bag open taking care that the steam in the bag is very hot.
6. Place meat and vegetables on a platter and pour sauce from bag over meat.
7. Garnish with fresh parsley leaves and serve.

### Nutrition

Carbohydrates	12.93 g
Energy	353.34 kcal
Fats	15.21 g
Protein	41.1 g

25 Minutes

6 Servings