



Roasted pumpkin, lamb and spinach toastie

No. serves per person	Ingredients
V 3	<ul style="list-style-type: none"> • 1 small tomato • 2 slices leftover roast pumpkin • 1 handful spinach
C 2	<ul style="list-style-type: none"> • 2 slices wholegrain bread or 1 wholegrain bread roll
P 1	<ul style="list-style-type: none"> • 2 slices leftover lean lamb or beef roast or small steak
Flavour	Wholegrain mustard or horseradish

Lamb and barley soup

No. serves per person	Ingredients	Variations
V 3¼	<ul style="list-style-type: none"> • ½ carrot • ½ zucchini • ¼ onion • ¼ parsnip + ¼ corn on cob or ¼ cup corn kernels 	<ul style="list-style-type: none"> • Diced sweet potato • Sliced green beans • Frozen peas
C 2	<ul style="list-style-type: none"> • ⅛ pearl barley (raw) • 1 slice wholegrain bread 	Brown rice
P 1	<ul style="list-style-type: none"> • ½ lean lamb shank 	Lean lamb leg steak or diced beef chuck or boneless gravy beef
Flavour	Chopped parsley, salt reduced chicken stock	Salt reduced chicken stock, chopped rosemary

