

Mr Jay's Meat 'n Veggie Tray Bake

by Healing Family Eats

serves 4

- 1 lb ground lamb
- 1 medium white sweet potato, cut into chunks
- 1 small butternut, cut into chunks
- 1 medium fennel, cut into wedges
- 1 medium red onion, cut into wedges
- 1 large leek, cut into large pieces
- 1 large beet, cut into chunks
- 1-2 tablespoons fat such as avocado oil or coconut oil
- 2 tsp mixed dried herbs (I used equal quantities of rosemary, thyme, mint)
- 1/2 bunch watercress
- [sea salt](#) to taste



Preheat the oven to 375F.

Heat a large [roasting tray](#) on the burner and add the ground lamb. Cook until it has lost its raw look, making sure to break down any clumps of meat.

Now add all the vegetables, except the watercress, together with the fat and dried herbs. Mix everything together and place into the oven.

Cook for around 45 minutes, turning every 15 minutes or so, until the vegetables are golden and tender and the meat is crispy. Toss in the watercress and return to the oven for about 4-5 minutes to wilt.

Remove from the oven, sprinkle over a little salt to taste and serve immediately.