

Naravin of Lamb

(serves around 6 people)

A lovely lamb casserole. If you don’t have al these ingredients, you can mix and match and use what you have. This is a great make ahead dish, that you could also cook this in a slow cooker. Perfect for a warming winter meal.

Ingredients

* 1 dessert spoon of oil or a few squirts of spray oil
* 1 large onion, peeled and chopped
* 1-2 garlic cloves, peeled and crushed
* 500g lamb, cubed
* 1-2 tbsp plain flour\*, for coating
* Black pepper
* 1 x 400g can of tomatoes
* 1 tablespoon tomato puree
* 2 large carrots, washed and sliced
* 2 small turnips or half a swede, peeled and cubed or 1 medium sweet potato
* 1 bouquet garni (mixed herb bag found in the herb aisle) or 1 teaspoon dried rosemary or dried mixed herbs

Method

1. Turn on the oven to 170°C/150°C fan/ gas mark 3.
2. Fry the onion and garlic gently in an ovenproof casserole dish or pan for 5 minutes until golden.
3. Coat the lamb in the flour seasoned with black pepper. Add to the pan/casserole and brown quickly on all sides.
4. Stir in the tomatoes and puree, and then add the remaining ingredients.
5. Bring to a simmer, then transfer to the pre-heated oven for 1.5 to 2 hours. Meat should fall apart when ready. Test for seasoning and remove the bouquet garni bag, if using.
6. Serve with brown rice or mashed or baked potatoes.

\* Can contain or is one of the 14 common allergens