

Lamb Casserole

Serves: 4

Prep time: 15 minutes

Cook time: 90 minutes



3 serves per portion

Ingredients

2 tablespoons extra virgin olive oil
500g lean diced lamb
1 onion, diced
2 cloves garlic, crushed
4 celery stalks, sliced
2 carrots, halved and sliced
½ cup fresh green beans, sliced
400g can diced tomatoes, reduced salt
2 cups chicken stock, reduced salt
1 tablespoon balsamic vinegar
1 tablespoon fresh rosemary, finely chopped
Pepper

Method

HEAT oil in a large saucepan on medium heat and cook lamb until sealed and golden (about 5-7 minutes).

ADD onion, garlic, celery, carrot and beans and cook for a further 3-4 minutes.

ADD tomatoes, stock, vinegar, rosemary, pepper and cover to simmer on low for 90 minutes, stirring occasionally or cook in an oven-proof dish at 160°C for the same amount of time.

SERVE with brown rice or wholemeal pasta.



Everyday Food

Recipe courtesy of the Country Kitchens team