

Lamb Stew

(serves 4)



Per serve:

Calories:	693.00	Saturated fat:	16.46g
Protein:	48.80g	Cholesterol:	217.56mg
Carbohydrates:	50.73g	Sodium:	160.71mg
Total Fat:	34.50g	Fibre:	6.80g

Ingredients:

900g chunky lamb pieces (non fatty) ½ teasp dried thyme
 1 tbs canola oil ¼ teasp mustard powder
 3 large brown onions rough chopped ¼ teasp white pepper
 ¼ teasp garlic powder
 4 medium carrots, peeled and cut into chunks
 1 litre water
 4 large potatoes, peeled and cut into chunks
 1 tbs unsalted butter
 1 teasp red wine or balsamic vinegar
 1 teasp chopped parsley

Method:

Heat up a large non stick pan with the olive oil to high heat. When nearly smoking, add the lamb and brown on all sides. Remove the lamb but keep the oil and juices in the pan. Place the lamb into a large pot. Pan back on the heat and add the onion and cook till the onion is transparent (clear) and then stir in the garlic powder. Add the water and bring to the boil. Pour contents from the pan into the pot. Add the carrots. Bring to the boil and then turn down to low heat and simmer for 1 hour. Add the potatoes and simmer for another hour while skimming off any fats. Check and see if the meat and vegetables are tender. Let rest for 5 minutes. Remove some of the stock and place in a pan over medium-high heat and then whisk in the butter, wine or vinegar, parsley, thyme, mustard powder and pepper. Once combined, add to the stew and mix in well. Serve straight away.