

Jumpstart

Dinner & Lunch Recipes

Slow cooked lamb shoulder with lentils

Takes: 3.5 hours, active time 30 mins.

Ingredients:

1.5-1.8kg Free range Shoulder or leg (will be larger) of Lamb
1 large brown onion, sliced
1 fennel bulb thinly sliced
3 cloves garlic, chopped
½ tsp seasalt
2 tsp dried oregano
Juice of 1 lemon
2 tbsp olive oil
300ml red or white wine
175g French (Puy) Lentils (well rinsed)
50g semi sundried tomatoes
½ bunch of fresh mint, leaves only, roughly chopped
100-150g baby spinach to serve

To make:

Preheat the oven to 220°C. Season the lamb all over with salt and freshly ground black pepper. Scatter the onion and fennel over the base of an ovenproof casserole dish large enough to hold the lamb, then place the lamb on top. Sprinkle with the seasalt, garlic, oregano, lemon juice, olive oil and wine.

Cover with lid of casserole dish or foil and place in the oven and cook for 20 minutes, then reduce the heat to 170°C. Cook for a further 3 hours, until the lamb is well cooked and beginning to come away from the bone.

After about 2 ½ hours of the cooking time, place the lentils in a saucepan and cover with 1 litre of cold water. Bring to the boil, then reduce the heat and simmer uncovered for 15 minutes, until just tender. Drain well.

Remove the lamb from the oven, take off the lid or foil and mix the lentils, tomatoes and mint into the juices around the meat. Cover with the foil again and return to the oven for a further 20 minutes. Put baby spinach on a large plate, transfer the lentil mixture over the spinach, mix through to wilt spinach and place lamb on top.

To Serve: Serve with the lentil mixture spooned around the meat, pull meat apart with a spoon and fork.