

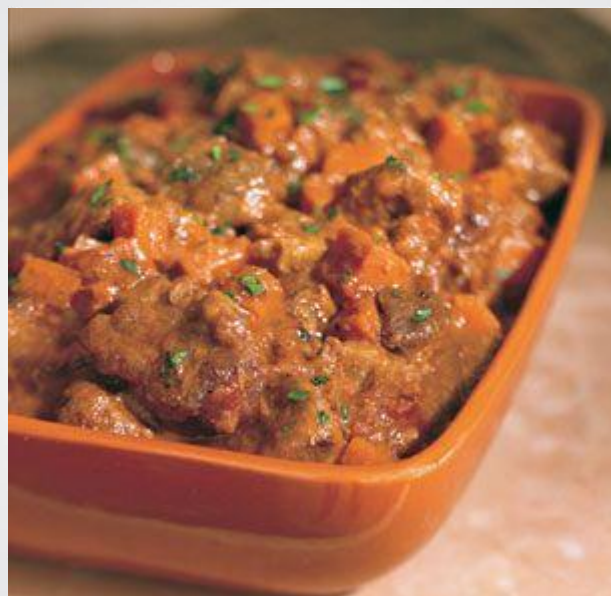
## Lamb Casserole

Inspired by a Jamie Oliver recipe, this easy recipe is warming and can be made in advance and reheated. This recipe is great for using up things from the fridge, so feel free to substitute ingredients where you see fit.

Serves: 6  
Prep Time: 15 mins  
Cooking Time: 2 Hours (or longer if you want)  
Cuts to use: Diced lamb – shoulder/leg/neck  
Serve with: Mashed potato

### Ingredients

- Olive oil
- Knob of butter
- 2 onions
- 3 cloves garlic
- 800g diced lamb
- Flour
- 2 parsnips
- 4 carrots
- ½ butternut squash
- 3 sticks celery
- ½ bottle red wine
- 1 pint vegetable stock
- 3 sprigs rosemary
- 400g pearl barley



### Method

1. Preheat the oven to 160°C/gas 2. Put the olive oil and butter in to a casserole dish, and fry the chopped onion and crushed garlic for a few minutes until soft. Cut the meat into fairly large chunks and toss in the flour, season and add to the pan.
2. Chop the vegetables into large chunks and add to the pot, along with the wine, stock, rosemary and pearl barley.
3. Bring to a simmer, cover and pop in the oven for at least 2 hours. Served with mashed potato or crusty bread to soak up all the gravy.