

Slow-cooked vegetable & lamb casserole



Slow-cooked vegetable & lamb casserole

Preparation 25 mins | Cooking 3 hours | Serves 6

- ¼ cup plain flour
- 1 kg lean boneless diced lamb
- 2 tbs olive oil
- 2 red onions, roughly chopped
- 2 garlic cloves, finely chopped
- 3 carrots, cut into 2cm pieces
- 2 celery sticks, thinly sliced
- 1 tbs Worcestershire sauce
- 4 sprigs thyme
- ¾ cup chicken stock
- 400g can chopped tomatoes
- 600g brushed potatoes, peeled and thinly sliced
- Olive oil cooking spray
- Thyme leaves and crusty bread, to serve

STEP 1 Preheat oven to 160°C/140°C fan-forced. Place flour and lamb into a plastic bag and toss to coat. Shake off excess flour. Heat oil in a large frying pan over medium-high heat. Cook lamb, in batches, turning often, until evenly browned. Transfer to a plate.

STEP 2 Add onions and garlic to pan and cook, stirring often, for 3 minutes. Add carrots, celery, Worcestershire sauce, thyme, stock, tomatoes and lamb. Stir to combine and cook over medium heat until hot. Season with salt and pepper to taste. Transfer mixture into a 10-cup (about 6cm deep) ovenproof casserole dish. Cover with foil and bake for 1¼- 1½ hours or until hot and bubbling.

STEP 3 Carefully remove casserole from oven. Arrange potatoes, overlapping slightly, on top. Spray potatoes liberally with oil. Bake for 1 hour or until potatoes are tender. Increase oven temperature to 200°C/180°C fan-forced and bake for 10-15 minutes until potatoes are golden and crisp on the edges. Sprinkle with thyme and serve with crusty bread.