

Slow-cooker Moroccan parsnip & lamb casserole



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Preparation 25 mins | Cooking 4 hours 20 mins | Serves 4-6

- ¼ cup plain flour
- 1 kg lean boneless diced lamb
- 2 tbs olive oil
- 2 leeks, trimmed, halved lengthways and thinly sliced
- 3 garlic cloves, finely chopped
- 1 tbs Ras al hanout or Moroccan spice
- 1 cup dry white wine
- 1 cups chicken stock
- 400g can diced tomatoes
- 1 large or 2 small fennel bulbs, trimmed and chopped into 4cm pieces
- 600g parsnips, peeled and chopped
- 2 carrots, peeled and cut into 2cm-thick slices
- Mint leaves, lemon wedges and couscous, to serve

STEP 1 Preheat a slow-cooker on high. Place flour onto a plate and season with salt and pepper. Dust lamb in flour. Heat oil in a large frying pan over medium-high heat. Brown lamb in batches. Transfer to a plate and set aside.

STEP 2 Add leeks to the frying pan and cook, stirring often, over medium heat for 5-6 minutes until softening. Add garlic, ras al hanout or Moroccan spice and cook, stirring, for 1 minute. Stir in wine, stock and tomatoes. Cover and bring to the boil. Transfer mixture to the slow cooker.

STEP 3 Add lamb, fennel, parsnips and carrots to the slow cooker. Stir to combine. Cover and cook on high for 4 hours or until lamb is very tender. Stir with mint leaves, mint leaves and couscous.

Good for you... **PARSNIP**

A good source of dietary fibre which helps keep the intestine functioning. A source of potassium, which can help balance sodium from salt in our diets. Provides vitamin C, which contributes to the normal functioning of our immune system.

