

Minty Lamb Shoulder Casserole



<Ingredients (4 serve)>

300g Lamb shoulder (boneless)
1 Brown onion (chopped finely)
2 stalks Celery (Chopped finely)
3 cloves Garlic (Chopped finely)
250g Spinach
Parsley (chopped)
1 handful Dried mint
1 Bay leaf

300ml Lentil
Sea salt
3 Tbsp Olive oil
1/2 Lemon

<Method>

1. Simmer the vegetables

Pour the olive oil into a stew pan and put in onion, celery, garlic and one pinch of sea salt. Seal with the lid and simmer on low heat until the vegetables sweat.

2. Simmer all

Slice the lamb shoulder into small pieces and season with 2 pinches of sea salt.



Add the lamb, spinach, mint and bay leaf. Sprinkle 2 Tbsp sea salt and simmer for 20 minutes with lid on low heat.



Meanwhile wash the lentil and boil with salted water. Drain well.

Add the lentil into the stew pan and simmer for 5 minutes on medium heat.



3. Serve

Drizzle lemon juice over and scatter parsley over just before serve.