

Spring Lamb and Vegetable Stew

Based on a classic French dish called navarin, this is a delectable stew. In France it is made in spring, as a celebration of the new season's lamb and the delicate young vegetables.

Gluten Free – Serves 4

- To Prep: 30 minutes
- To Cook: 2 hours, 5 minutes

Nutritional Information

Per Serving

- Energy: 2300 KJ
- Protein: 31g
- Total fat: 17g
- Saturated fat: 5g
- Carbohydrates: 46g
- Sugars: 12g
- DietaryFiber: 12g
- Sodium: 502mg

Ingredients

- 2 tablespoons extra virgin olive oil
- 1 large brown onion
- 1 clove garlic
- 500g boneless leg of lamb
- 150ml dry white wine
- 500ml chicken stock
- 1 bay leaf
- 1 sprig fresh thyme leaves
- 1kg baby potato
- 250g baby carrots
- 150g shallots
- 200g turnips
- 115g frozen peas
- 2 tablespoons flat leaf parsley
- salt and pepper



Method

1. Trim the lamb of excess fat and chop into cubes.
2. Preheat the oven to 180°C. Heat the oil in a large flameproof casserole dish, add the chopped onion and finely diced garlic and cook, stirring, for 5 minutes or until softened.
3. Add the cubes of lamb and cook for 5 minutes or until browned on all sides, stirring so they colour evenly.
4. Add the wine, stock, bay leaf, thyme, whole potatoes, carrots and shallots.
5. Season with salt and pepper to taste. Bring to the boil, then cover with a tight-fitting lid and transfer the dish to the oven. Cook for 1 hour.
6. Add the chopped turnips and stir together. Cover the casserole dish again and continue cooking for 30–45 minutes or until the meat and vegetables are tender, adding the peas 10 minutes before the end of the cooking time.
7. Add the parsley and stir well. Taste and add more salt and pepper if needed.

Credits

Reader's Digest Diabetes Cookbook

Taken from the Diabetes Australia website

Dietitians Note

Serve with a dish of freshly cooked spring greens, then hand round a basket of crusty French bread.