

Lamb Casserole with Chickpeas and Mint

Serves 4

Cuisine: British

Preparation Time: 10 Minutes
Cooking Time: 1 hour 30 minutes

Ingredients:

125ml	Olive oil
900g	Boned leg or breast of lamb, cut into bite-sized pieces
2	Onions, finely sliced
225g	Tin chickpeas
600ml	Water with Lamb Stock
½ tsp	Turmeric
450g	Potatoes, peeled and cut into large pieces
½	Lemon, juice only
Plain yoghurt	
Finely chopped onion	
Mint leaves	
Paprika	
Salt & freshly ground pepper	

Method:

1. Heat the oil in a large pan and brown the lamb on all sides.
2. Add onions and cook until softened.
3. Add chickpeas, water and stock, then bring everything to the boil and skim well.
4. Stir in the mint, paprika to taste, turmeric, salt and pepper.
5. Cover and simmer for 1 hour.
6. Then add potatoes, lemon juice, more water if necessary and cook until potatoes are tender (about 30 mins)

To Serve:

Add chopped onion to plain yoghurt and serve with the dish. Some chopped mint is nice to add as well.

Chef's Notes:

For 2 people use a small or half leg of lamb