



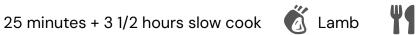


## Slow Cook Lemon and Garlic Lamb

### with Risoni and Sicilian Olives

Succulent diced lamb, slow cooked in a lemon and garlic broth until tender, tossed with bright and buttery Sicilian olives and risoni, served with crumbled feta cheese and herbaceous fresh oregano.







# No Slow Cooker?

You can prepare this recipe in a large pot with a lid instead. After browning the lamb and sautéing the vegetables, return all to the pot, add 2 cups water, cover and simmer on low for 1.5-2 hours, stirring occasionally, until the lamb is tender.

TOTAL FAT CARBOHYDRATES

45g

#### FROM YOUR BOX

LEMON	1
GARLIC	2 cloves
DICED LAMB LEG	400g
BROWN ONION	1
CELERY STALK	1
TOMATOES	2
CHICKEN STOCK PASTE	1 jar
RISONI	125g
SICILIAN OLIVES	1 jar
FETA CHEESE	200g
OREGANO	1 packet

#### FROM YOUR PANTRY

olive oil, salt, pepper

#### **KEY UTENSILS**

frypan, slow cooker, saucepan

#### **NOTES**

If your slow cooker has a sauté function, you can sear the meat in the cooker instead of in a frypan.

You can set the slow cooker to a low heat and cook for 6-8 hours instead.

No gluten option - risoni is replaced with GF pasta.



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#### 1. MARINATE & BROWN LAMB

Zest **lemon** and juice half into a bowl (set the rest aside to serve). Add **crushed garlic**, <u>1/3 packet oregano leaves</u>, **2** tbsp **olive oil**, **salt** and **pepper**. Toss in the **lamb** and coat well.

Heat a large frypan over high heat and brown the lamb, reserving the marinade. Transfer to the **slow cooker**.



#### 2. PREPARE THE VEGETABLES

While **lamb** is browning; dice **onion**, slice **celery** and wedge **tomatoes**. Add to slow cooker along with reserved marinade and **stock paste**.



#### 3. SIMMER THE SLOW COOKER

Pour **500ml water** into slow cooker. Set slow cooker to high heat and simmer for 3-4 hours until **lamb** is tender (see notes).



#### 4. COOK THE RISONI

When the slow cooker has 30 minutes remaining, bring a saucepan of water to a bowl. Add **risoni** and cook for 8-10 minutes or until al dente. Drain and rinse with cold water.



#### 5. PREPARE THE TOPPINGS

Drain **olives**, halve if desired. Crumble **feta**, pick **oregano leaves** and wedge reserved **lemon**.



#### 6. FINISH AND SERVE

Stir **risoni** through **lamb** and season to taste with **salt and pepper**.

Serve **lamb** tableside. Top with **olives**, crumbled **feta** and **oregano**. Serve with **lemon wedges**.

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