

## LAMB AND PEARL BARLEY CASSEROLE

Serves 2

Per serving: 402 calories, 10.5g fat  
(excluding accompaniments)

Prep time: 15 mins plus overnight  
soaking of the lentils

Cook time: 1 hour 45 mins

It is very important the lentils and beans are soaked overnight as they cannot be cooked directly from their dried state.

## INGREDIENTS

Rapeseed oil spray

1 onion, diced

1 garlic clove, crushed

225g lean diced lamb

2 carrots, diced

1 small turnip, peeled and diced

225g small new potatoes

1 celery stick, chopped

500ml beef, lamb or vegetable stock (use a stockpot if preferred)

bouquet garni

25g green lentils, soaked overnight

12g haricot beans, soaked overnight

12g pearl barley

freshly ground black pepper

1 tbsp chopped fresh parsley to garnish

## METHOD

1. Heat a non-stick pan and spray with rapeseed oil. Add the onions and garlic and fry for 2 - 3 minutes until soft.
2. Add the lamb, seasoning well with black pepper, and continue to cook over a high heat until well sealed.
3. Transfer to a large casserole dish and add the remaining vegetables, potatoes, the stock and the bouquet garni.
4. Rinse the soaked lentils, beans and pearl barley well and add to the casserole.
5. Cover and simmer gently for 1 hour or until the meat is tender, topping up with additional stock if required.
6. Remove the bouquet garni and, just before serving, sprinkle with fresh parsley.
7. Serve with unlimited green vegetables.

