



# Slow Cooked Herb Lamb with Minted Pea Mash



DIFFICULTY: EASY



PREPARATION TIME: 20  
MINUTES



COOKING TIME: 7 HOURS



SERVES: 6 – 8

## Ingredients

### Slow Cooked Lamb

1 tbsp olive oil  
1 x easy carve leg lamb, approx. 1.6 – 1.8kg  
4 cloves garlic, sliced  
2 brown onions, sliced  
1 tspn dried chilli flakes  
2 cups red wine  
1 cup beef stock  
2 cups chopped fresh herbs, eg. rosemary, parsley, thyme, sage, oregano

### Minted Pea Mash

500g frozen peas  
60g butter  
1/2 cup mint leaves  
Salt & freshly ground black pepper

## Method

### Slow Cooked Herb Lamb

Heat a heavy based pan over a medium to high heat. Add olive oil then brown the lamb well on all sides. This will take 6 to 8 minutes. Remove the lamb from the pan & place into a large casserole dish. Add the garlic, onions & chilli flakes to the pan & fry for 2 to 3 minutes. Reduce the heat to medium then add the red wine & stock, stirring to scrape any bits from the base of the pan.

Remove from heat, add the chopped herbs & mix well. Pour the red wine & herb mix over the lamb & cover tightly with foil or a lid.

Preheat oven to 120°C on the top/bottom eco function. Place casserole dish on wire rack on shelf level 1 & cook for 6 to 7 hours, or until meat falls from the bone. Remove meat from the pan & rest for 10 to 15 minutes. Strain the pan juices & place into a saucepan over a low heat to keep warm & reduce slightly.

Pull the meat from the bone with 2 forks & place into a warmed serving dish. Pour pan juices over meat & toss to combine.

### Minted Pea Mash

Place all ingredients into the unperforated steamer tray. Cook FullSteam at 100°C for 8 minutes. Transfer to heatproof jug & mash coarsely with stick blender. Place into serving dish. Drizzle with extra virgin olive oil & garnish with fresh mint.

## Notes