



# Lamb cassoulet with HARICOT BEANS & RAINBOW CARROTS

## INGREDIENTS

220g onion  
120g carrot  
120g celery  
1kg lamb leg cubes, trimmed of fat  
1.6L homemade beef or chicken stock  
250g rainbow carrots  
3 sprigs rosemary  
2 tins haricot beans, drained and rinsed  
Large pinch salt  
Large pinch pepper  
15ml canola oil  
10ml tomato paste

## METHOD

Finely chop the onions, carrots and celery making sure to keep them separated.

Warm a large pot, add the oil and brown the lamb cubes. Cook the lamb until evenly browned all over. Remove from the pot and set aside.

Add the onions to the pot and sauté until they are opaque, then add the carrots and cook for 5 minutes. Add the celery and cook for another 5 minutes.

Return the lamb to the pot with the tomato paste. Cook for 5 minutes then use stock to deglaze the bottom of the pot, scraping off any caramelised pieces.

Add the beef stock and rosemary. Bring to the boil then lower the heat and simmer for 1 ½ hours stirring occasionally.

Peel the rainbow carrots and set aside until needed.

Open the tins of haricot beans, strain and rinse them. Set aside until needed.

Cook the lamb for 1 ½ hours, and then add the carrots, cook for a further 20 minutes and add the haricot beans.

Check the seasoning before serving. Serve with pearled barley or brown rice, garnished with more rosemary.