

Lamb Hotpot

Try this warming lamb and root vegetable stew when autumn is on the way and there is a chill in the air or with tender lamb in the springtime.



Wheat (gluten)*

Nutritional information per portion (373g):

Energy	Fat	Saturates	Sugars	Salt
1092kJ 260kcal 13%	13g 18%	4.1g 21%	6.8g 8%	0.15g 2%

of an adult's reference intake.
Typical values per 100g: energy 293kJ/70kcal.

Equipment

Kettle
Measuring jug
Colander
Peeler
Chopping board x 2
Sharp knife x 2
Scissors (optional)
Measuring spoons
Mixing bowl x 2
Large deep frying pan
or wok
Wooden spoon
Pan stand

Ingredients

Serves 4
600ml boiling water
2 carrots
2 parsnips
1 large onion
3 sprigs rosemary
300g lean lamb meat
(rump OR leg is good for this)
1 x 15ml spoon plain flour
2 x 5ml spoons ground cumin
1 x 15ml spoon vegetable oil
2 x 15ml spoons tomato purée

*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.



Top Tip

- To make this recipe with a cheaper cut of meat, such as stewing lamb, follow the method and simmer very gently for 1 hour. You may need to add a bit more water to the pan to keep it from drying out. It could be transferred to an ovenproof dish with a lid after step 12 and put in the oven at 170°C/150°C fan or gas mark 3 for 1 hour.

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Method

1. Measure 600ml boiling water into the measuring jug.
2. Wash all the vegetables. Peel the carrots and parsnips and chop into small cubes about the size of a dice.
3. Peel and chop the onion into small 1cm chunks.
4. Strip the leaves off the rosemary stalks and chop up the leaves finely using a knife or scissors. Throw away the stalks as they can be woody and tough.
5. Using a different chopping board and knife, cut off as much of the fat as you can from the lamb, then cut into 1cm cubes. It is important the pieces are small or the meat will take a long time to cook.
6. Measure the flour and cumin into a mixing bowl, then add the lamb and mix well so each piece is coated. Wash your hands after handling raw meat.
7. Put the frying pan or wok onto the hob and heat over a medium heat. Add 1 x 5ml spoon of vegetable oil then carefully add the onion, carrot, parsnip and rosemary.
8. Stir gently for 5 minutes until soft. Transfer the vegetables into the other mixing bowl.
9. Heat 1 x 15ml spoon of oil in the frying pan. Carefully add the lamb and stir on a medium heat until brown.
10. Add the softened vegetables and pour in the water.
11. Measure the tomato purée and add to the frying pan. Stir well and bring to the boil until bubbling. Add black pepper to taste (if using).
12. Turn the heat down and simmer gently (small bubbles) for 30 minutes. The sauce will thicken and the meat should be juicy and tender.

Something to try next time

- Add mashed potato to the top of the cooked hotpot and brown under a hot grill to make a shepherd's pie. There is a recipe for Mashed Potato on our website.
- Try making the hotpot with less meat and add a drained 400g can of chickpeas at step 10.

Prepare now, eat later

- Prepare the vegetables the day before and store in sealed bags or containers in the fridge.
- Cool as quickly as possible and store, covered, in the fridge for up to 24 hours or freeze for up to 1 month. Defrost thoroughly in the fridge before reheating until piping hot.

Skills used include:

Washing, measuring, peeling, chopping, boiling/simmering and frying.