



## Lamb Pot

### Ingredients

---

600g diced lamb\*(serves 4)  
Salt & pepper  
Olive oil  
1 onion, finely sliced  
1 large carrot, roughly  
chopped  
1 stick celery, chopped  
2 heaped tbsp tomato paste  
1 tsp ground cumin  
1 tsp ground coriander  
2 large sweet potatoes,  
chopped into 3cm chunks  
1lt + chicken stock  
400ml can coconut milk  
250g green beans  
50g + baby spinach leaves  
1-2 fresh red chillies,  
seeded, chopped (to taste)

---

Optional extras/swaps:  
chickpeas or beans, diced  
zucchini, swap sweet potato  
for pumpkin, swap coconut  
milk for sour cream

### Method

---

Best 'One Pot' weeknight dinner ever!

Using a pot large enough to hold all the ingredients., sauté the onion until translucent, add celery and carrot and continue to sauté. Set aside.

Season the lamb with salt and pepper and brown the pieces in a little olive oil. Add the carrot onion and celery.

Add cumin & coriander, heat until aromatic. Add tomato paste, cook slightly. Turn down the heat and cook for 20 minutes with lid on, shaking or stirring occasionally. Stir in the stock, add sweet potato, simmer for 40 mins with lid on before adding the coconut milk, beans and cooking for a final 10 minutes. Stir through spinach and sprinkle with chilli just before serving with steamed greens.

I like to stir and mash the cooked sweet potato through when cooking is finished as it thickens the sauce nicely. If you would like your sweet potato chunks to stay whole, cut a little larger or add later.

It is very hard to destroy this dish, when I'm short of time it is all thrown into the pot at once (the beans and coconut milk go in about 20 mins before serving), low heat, stir occasionally and it's ready in about 60 mins. I'm sure the some of the subtleties of a well-prepared casserole are lost here, however, there have been no complaints.

\* approx. 150g raw per adult will provide approx. 30g of protein per person.