

Mediterranean Lamb and Chickpea Stew



Cooking time: 2 hr 20 mins

Serves: 4

how to cook

- 1 Heat the oven to Gas 4, 180°C, fan 160°C, 350°F. Season the lamb first, then heat the oil in a large, flameproof casserole dish and brown the lamb on all sides.
- 2 Reduce the heat and add the onion to the pan. Saute until golden.
- 3 Stir in the garlic cloves, tomatoes, chickpeas, thyme, and half the stock and bring to a gentle simmer.
- 4 Cover and place in the oven for 2 hours, stirring occasionally. Add more of the stock if necessary. After 1 hour add the olives and anchovy puree.
- 5 Remove the lamb and slice before serving.
- 6 Serve with the cooking sauce on the side.

what you need

- 1kg boned leg of John Penny lamb
- seasoning
- 1tbsp olive oil
- 1 onion, finely sliced
- 10-12 garlic cloves, skin on
- 400g can chopped tomatoes
- 400g can chickpeas, drained
- 3-4 sprigs thyme
- 300ml lamb or vegetable stock
- 50g pitted black olives
- 2tsp anchovy puree

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