



## Slow Roasted Lamb with Peppers

Slow roasted lamb with red peppers is a delicious combination of sweet, ever-so tender lamb coupled with syrupy port/wine sauce, refreshing mint, aromatic fresh thyme and juicy, red peppers and sweet cherry tomatoes. The lamb is so soft and well-cooked by the time it arrives on your plate, it will simply melt in your mouth. It cooks very gently over several hours and is worth every second of the wait.

### Ingredients: Serves 4

1 shoulder of lamb	1 cup of red wine
2 red onions quartered	2 tbsp Balsamic vinegar
2 tsp mint sauce	1 tbsp fresh thyme leaves
3 cloves garlic, finely chopped	2 tbsp lard
1 tbsp redcurrant jelly or red onion chutney	4 red peppers, halved and deseeded
2 tsp mustard	4 handfuls cherry tomatoes, rinsed
1 cup of port	Salt and black pepper

### Method:

Preheat the oven to 160°C/325°F/Gas 3.

In a bowl combine the lard, mustard, mint sauce, cranberry jelly or red onion chutney, thyme, salt and pepper. Place the lamb in a large ovenproof casserole dish with a well-fitting lid. Scatter the onions around the outside of the lamb and pour the wine and port into the dish being careful not to wash the lard mixture off the lamb.

I cooked my lamb covered for approximately 5 hours. One hour before ending your cooking, coat the red peppers with balsamic vinegar and place on top of the lamb and scatter the cherry tomatoes in the juices.

Remove the lamb from the oven 30 minutes before eating and allow it to rest in the covered dish. Serve up with your favourite vegetables. I added couscous to soak up the delicious flavours.

### For the couscous:

I boiled a pan of water and added the couscous (4 cups and rinsed), then turned off the heat and let the couscous absorb the water for 10 minutes or so. (The water was just covering the couscous before absorbing). There was no water to drain off, so after removing some of the fat out of the lamb pan, I added the couscous and stirred it around to absorb all the delicious flavours of the lamb, peppers and tomatoes. I served it with a side portion of broccoli.

Add salt and pepper to taste.

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