

# Light Irish Stew

This light take on the traditional dish is packed with vegetables and flavour, and so easy to make, it's a one-pot wonder.

**Serves: 2**

Nutrition per serving:

299 kcal, 34g protein, 31g carbs, 6g fat, 9g fibre

## Ingredients:

- 200g lean diced lamb
- 100g butternut squash, peeled and cut into chunks
- 1 medium onion, thinly sliced
- 160g carrots, sliced
- 1 tbsp chopped fresh parsley
- 1 tbsp chopped fresh thyme
- 250ml lamb stock
- freshly ground black pepper
- 100g potato, peeled and thinly sliced
- 80g broccoli
- 80g mangetout

## Method:

1. Preheat the oven to 150°C, gas 2.
2. Put the lamb, squash, onion, carrots, parsley, thyme and stock in a casserole dish, and season.
3. Top with a thin layer of sliced potatoes, then cover and cook for 2-3 hours (or 6-8 hours in a slow cooker).
4. Just prior to serving, steam the broccoli and mangetout for a couple of minutes until tender.

## Tip:

- Remove the cover and brown at 200°C, gas 6 for 20 minutes to crisp up the potato topping.

