Easy Lamb Stew with Vegetables

Cooking time	90 mins
Preparation time	15 mins
Serves	6

Royco Brown Onion Gravy adds depth of flavour and rich colour to lamb knuckles in a fragrant, spicy sauce: what could be more deliciously comforting?

Ingredients

- 75ml (5 Tbsp) olive oil
- 1kg lamb knuckles and shanks
- 1 bay leaf
- 10ml (2 tsp) cumin seeds
- 2 cinnamon sticks
- 5ml (1 tsp) black peppercorns
- 1 onion, peeled and chopped
- a few sprigs of fresh thyme
- 37.5ml (2½ Tbsp) ginger & garlic paste
- 3 carrots, peeled and roughly chopped
- 1 packet Royco® Brown Onion Gravy
- 10ml (2 tsp) coriander powder
- 10ml (2 tsp) Kashmiri masala or paprika
- 5ml (1 tsp) cumin powder
- 10ml (2 tsp) turmeric
- 5ml (1 tsp) chilli flakes
- 37.5ml (2½ Tbsp) tomato paste
- 250ml (1 cup) chicken stock
- 375ml (1½ cups) boiling water
- 3 potatoes, peeled and cut into quarters
- 3 whole sweetcorn cobs, cut into 5cm pieces
- salt, to taste
- 10ml (2 tsp) cornflour
- parsley, to garnish

Recipe developed for Royco by @braisedbyuthika

Vegetarian

Replace the lamb with tinned beans or lentils, and add extra veggies such as brinjals and mushrooms.

Family Friendly

Not all children can tolerate heat in a dish, so leave out the Kashmiri masala and chilli flakes if you’re making this dinner for little ones.

Method

1. Heat the olive oil in a large pot over a high heat and brown the lamb on all sides. Remove from the pot and set aside.
2. Add the bay leaf, cumin seeds, cinnamon sticks, peppercorns and onions, and cook until the onions have softened.
3. Add the thyme, ginger & garlic paste and carrots, and cook for a few more minutes.
4. Stir in the contents of the packet of Royco® Brown Onion Gravy, coriander powder, Kashmiri masala (or paprika), cumin powder, turmeric, chilli flakes and tomato paste.
5. Pour the chicken stock and boiling water into the pot and stir well to deglaze the pan. Simmer for about 10 minutes.
6. Return the browned lamb to the pan along with the potatoes and sweetcorn. Season to taste with salt.
7. Simmer for about 60 minutes until the meat is tender and the vegetables are cooked through.
8. Shortly before serving, put the cornflour into a small bowl and add some of the stew gravy. Mix well to create a smooth, runny paste, stir this into the pot and simmer for a few more minutes to thicken.
9. Garnish with parsley and serve hot with garlic bread.

Recipe Tags

Gravy, Meat, Curry

Related Recipes

Lamb and Potato Sticks

Cooking time

15 mins

Preparation time

20 mins

Saucy Meatballs with Pasta

Cooking time

30 mins

Preparation time

5 mins



Chicken a La King

Cooking time

30 mins

Preparation time

15 mins

Cheesy Chicken Pasta

Cooking time

20 mins

Preparation time

15 mins



Marinated Mushroom, Boerewors & Apricot Sticks

Cooking time

15 mins

Preparation time

30 mins

Roasted Summer Veg with Herby Feta

Cooking time

30 mins

Preparation time

10 mins

Butternut and Potato Bake

Cooking time

50 mins

Preparation time

15 mins

Tuna Crumble

Cooking time

25 mins

Preparation time

10 mins



Creamy Butter Chicken Pasta

Cooking time

20 mins

Preparation time

15 mins

Crunchy Sweet and Sour Stir-Fry

Cooking time

15 mins

Preparation time

15 mins

Source URL: *https://www.royco.co.za/recipes/easy-lamb-stew-vegetables*