



Hearty Lamb and Haricot Bean Stew

NIBBLEDISH CONTRIBUTOR

Ingredients

For 2:

- 250g lamb shoulder or leg, in chunks
- 200g haricot beans
- 200ml hot beef or lamb stock
- 6-8 broccoli florets, halved
- 1 small onion, chopped
- 1 large carrot, chopped
- Fresh parsley

- 1 large baking potato, cut into chunks (peeled if you prefer)
- Bit of butter
- Dash of milk

Instructions

1. Bring the potatoes to boil in lightly salted water.
2. Fry the onions in a deep saucepan, followed by the lamb.
3. Add the beans and veg and mix well for about five minutes.
4. Pour in the stock and slowly bring to the boil.
5. Turn the heat right down, cover and leave to simmer for half an hour.
6. When the potato is soft, drain and mash well with a little butter and milk.
7. Stir the parsley into the stew just before serving.