



## Spiced Lamb and Red Wine Casserole

A tasty casserole, lightened with squash. I served this with mash and green vegetables.

Serves 4 - 5

300g diced leg of lamb  
200g diced butternut squash  
1 medium onion, chopped  
150ml red wine  
150ml water  
½ beef stock cube  
1 bay leaf  
6 juniper berries  
1 star anise  
Rind and juice of 1 orange  
Good handful of parsley



1. Heat a heavy based pan over a high heat, add a drizzle of oil and brown the meat for a few minutes.
2. Reduce the heat a little, add the onion and fry to soften.
3. Add the red wine, bubble for a few moments, then add the water and crumble in the stock cube.
4. Add the bay leaf, juniper berries, star anise and orange rind. Bring to the boil, reduce the heat to a gentle simmer, put a lid on the pan and cook for 1 hour.
5. Add the squash and orange juice, cook gently for a further 30mins. Stir through the parsley, season to taste and thicken the sauce a little if necessary with either rice or cornflour.

## Hints, Tips and Adaptations

*Gluten & dairy free, freeze & microwave*

*Use sweet potato instead of squash*

*Use beef or pork instead of lamb.*

*For a vegetarian version try firm tofu, Quorn, soya mince, borlotti or red kidney beans*