

LAMB OREGANO



INGREDIENTS

- 30g butter
- 1 clove crushed garlic
- 1 onion, chopped
- 1/2 teaspoon paprika
- 1.5kg leg of lamb chopped
- Plain flour (for dusting lamb)
- 425g can tomato puree
- 2/3 cup dry red wine
- 1 cup water
- 1 chicken stock cube
- 1 bay leaf
- 2 tablespoons chopped oregano

METHOD

Melt butter in saucepan, add garlic, onion, paprika and stir for three minutes.

Toss lamb in flour. Add lamb to pan, stir until lamb is brown.

Stir in wine, tomato puree, water, stock cube, bay leaf and bring to the boil.

Reduce heat and simmer for 2-3 hours until cooked through.

Stir in oregano before serving.



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