



Low FODMAP Slow Cooked Lamb Casserole

Serves: 8

Prep: 5 minutes

Cook: 6 hours 30 minutes



Stack Cup

Ingredients	Metric	Imperial
Lamb, diced	1000 g	35.3 oz
2 tbsp garlic-infused olive oil	36 g	1.2 oz
5 rashers short-cut bacon, diced	150 g	5.3 oz
1 tbsp ground coriander	8 g	0.3 oz
1 tbsp ground cumin	8 g	0.3 oz
1 tsp ground cardamon	2 g	0.1 oz
½ cup red wine	125 g	4.4 oz
½ cup tomato paste	115 g	4.1 oz
1 tin diced tomatoes	400 g	14.1 oz
1 tin canned lentils, drained, rinsed	400 g	14 oz
2 cups Low FODMAP Beef stock	500 g	17.6 oz
3 large carrots, diced	225 g	7.9 oz
Mashed potato, to serve	1000 g	35.3 oz
Parsley, to serve		

Method

1. Heat oil in a large, heavy based pan
2. Cook lamb in batches until browned, set aside
3. In the same pan, cook bacon until browned, add spices and cook for a further minute or until fragrant
4. Add red wine, tomato paste, diced tomatoes, lentils and stock, bring to the boil
5. Add cooked lamb, carrot and sauce mixture into a slow cooker
6. Cook on medium heat setting for 5-6 hours or until meat is tender and flaky and sauce has thickened
7. Serve with mashed potato and garnish with parsley

Hints

- Use lean diced lamb where possible
- This casserole can be cooked in a large batch and stored in the freezer for a convenient mid-week meal

Nutrition Information (per serve)	
Energy	1877 Kj / 449 cal
Protein	37.10g
Carbohydrates	22.40g
Sugar	8.00g
Total Fat	21.50g
Saturated Fat	6.40g
Fibre	4.60g