



Wine Braised Lamb with Artichokes in Clay Pot

3 hours 30
minutes

Hands on

6-8
Portion(s)

1
Difficulty



Ingredients

- 800 g potatoes
- 2 carrots
- 1 onion
- 2 cloves of garlic
- 2 leeks
- 1 ½ kilo lamb, from shoulder, cut into pieces
- 50 g olive oil
- 1 kilo artichokes, frozen or fresh
- salt
- pepper
- 5 sprigs thyme, only the leaves
- 100 g white wine
- ¼ bunch parsley, for serving

Method

- Preheat oven to 170* C (338* F) Fan.
- Peel and chop up the vegetables in the following way:
- Chop the potatoes and leeks into 5-6 cm pieces and the carrots into 2 or 3 pieces, depending on their size. Quarter the onion and thinly slice the garlic.
- Place a **pan** over medium to high heat.
- Add the pieces of lamb and sauté for 8-10 minutes, until golden on all sides and transfer to a clay pot.
- Wipe the pan down with paper towels and place back on heat.
- Add some olive oil and start to sauté the vegetables and artichokes. Cook each type of vegetable separately, making sure to sauté on all sides until golden.
- Add all of the sautéed vegetables in the clay pot.
- Season generously with salt and pepper.
- Add the wine and thyme.
- Mix and cover clay pot with lid.
- Bake for 2 ½ - 3 hours, until the lamb is tender.
- Serve with finely chopped parsley.

Διατροφικός πίνακας

Nutrition information per portion

610 Calories (kcal)	38.0 Total Fat (g)	15.0 Saturated Fat (g)	25.0 Total Carbs (g)
31%	54%	75%	10%
5.4 Sugars (g)	39.0 Protein (g)	4.8 Fibre (g)	1.3 Sodium (g)
6%	78%	19%	22%