



Greek Lamb and Orzo Baked Stew

2 hours

Hands on

6-8

Portion(s)

2

Difficulty



Method

Photo credit: G. Drakopoulos - Food Styling: T. Webb

- Place the leg of lamb into a large container, drizzle with olive oil and season with salt and pepper. Heat a large [pot](#) over high heat. Add the leg of lamb and brown.
- When the lamb turns golden brown, add the onions, green peppers and carrots. Stir until softened. Add the tomato paste and bouillon cube and sauté.
- Add the wine and allow it to evaporate.
- Add the can of tomatoes and honey.
- As soon as it comes to a boil, add the meat, rosemary, salt, pepper and one cup of water.
- Cover with lid and cook for at least 45 minutes.
- While waiting for the meat to cook, sauté the orzo in some olive oil until golden.
- Preheat oven to 180* C (350* F) Fan.
- When the lamb is ready, transfer to a baking pan. Add the orzo.
- Cover with aluminum foil and bake for 30 minutes.
- Remove the aluminum foil. Add a cup of water and bake for another 15 minutes.
- When ready, remove from oven. Add the parsley, crumble some feta cheese over the top and serve.

Ingredients

- 1200 g leg of lamb, boneless
- 2 onions, cut into slices
- 1 green pepper, cut into small cubes
- 2 carrots, cut into small pieces
- 1 can of chopped tomatoes
- 2 tablespoons tomato sauce
- ½ cup white wine
- 250 g large orzo
- 2 tablespoons honey
- some fresh rosemary
- some parsley
- 250 g feta cheese
- olive oil
- 1 beef bouillon cube
- salt
- pepper

Διατροφικός πίνακας

Nutrition information per 100 gr.

170 Calories (kcal)	8.0 Total Fat (g)	3.8 Saturated Fat (g)	10.5 Total Carbs (g)
9%	11%	19%	4%
3.6 Sugars (g)	13.1 Protein (g)	0.94 Fibre (g)	0.3 Sodium (g)
4%	26%	4%	5%