



Greek lamb with orzo - Yiouvetsi

30'
Hands on

140'
Cook Time

8-10
Portion(s)

2
Difficulty



Ingredients

- 2 onions
- 2 carrots
- 1 Florina pepper (red pepper)
- 4 tablespoon(s) olive oil
- salt
- pepper
- 1.200 g lamb, leg, boneless
- 250 g red wine
- 1 tablespoon(s) tomato paste
- 400 g canned tomatoes
- 2 sprig(s) rosemary
- 1 beef bouillon cube
- 1 tablespoon(s) honey
- 1 liter water
- 250 g orzo pasta
- 2 stick(s) cinnamon
- 2 bay leaves

Method

- Heat up a **pot** over high heat and add 2 tablespoons olive oil.
- Coarsely **chop** the onions, cut the carrots into half-moons, the pepper into cubes, and add them to the pot. Season with salt and pepper, and sauté until they are caramelized.
- At the same time, place a **frying pan** over high heat until it gets very hot.
- Cut the lamb into 3-4 cm pieces, add salt, pepper, 2 tablespoons olive oil, and transfer it to the pan. Let it turn nicely golden brown on all sides, for 3-4 minutes.
- Deglaze the pan with the wine and transfer the lamb to the pot with the vegetables.
- Add the tomato paste, the canned tomatoes, the rosemary, the beef bouillon cube, the honey, the water, and stir. Cover with the lid, and simmer on low heat for 1 ½ hour.
- Preheat the oven to 180° C (350° F) set to fan.
- In a 30 cm **ovenproof baking dish**, add the orzo, the cinnamon, the bay leaves, and transfer the lamb along with its sauce.
- Cover with aluminum foil and bake for 30 minutes. Remove the aluminum foil and bake for 15 more minutes.
- Serve with grated mizithra, parsley, pepper, and olive oil.

To serve

- mizithra cheese
- parsley, some
- pepper
- olive oil

Διατροφικός πίνακας

Nutrition information per portion

354 Calories (kcal)	17.0 Total Fat (g)	4.7 Saturated Fat (g)	26.0 Total Carbs (g)
18%	24%	24%	10%
7.3 Sugars (g)	23.0 Protein (g)	2.4 Fibre (g)	0.4 Sodium (g)
8%	46%	10%	7%