Mediterranean lamb casserole

prep: 0:20 | cook 2:00





ingredients

* 1 tbsp (20ml) olive oil
* 1 brown onion, peeled and sliced
* 500g shoulder of lamb, diced into 4cm pieces
* 2 stalks rosemary
* 2 cloves garlic, peeled and very finely chopped
* 2 stalks lemon thyme
* 1 red capsicum, diced
* 1/4 cup pitted black olives
* 1 tin (400g) diced tomatoes
* 1 cup (250ml) water

method

1. Preheat the oven to 140°C conventional (120°C fan-forced).
2. Heat oil in a large pan (with a lid) over a medium-low heat and cook the onion for 5 minutes, or until soft and translucent.
3. Add the lamb, rosemary, garlic, lemon thyme, capsicum, olives, tomatoes and water and stir well to combine.

Cover with the lid and place in the oven for about 2 hours.