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One-pan five-hour lamb with beans & mint

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SERVES 6 PREP 20 mins COOK 5 hrs EASY *

2kg lamb shoulder
 3 rosemary sprigs
 1 bay leaf
 2 onions, chopped
 8 garlic cloves, peeled but left whole
 3 tbsp olive oil
 half a bottle of white wine
 2 x 400g cans flageolet beans, rinsed
 small bunch mint, leaves picked and stalks reserved
 1 lemon, zested



1 If you have time, braise the lamb the day before and chill so you can get rid of some of the fat from the sauce later. Heat oven to 160C/140C fan/gas 3. If you want, tie the rosemary and bay together. Tip the onions, garlic and herbs into a large casserole dish or deep roasting tin and stir through a drizzle of olive oil. Sit the lamb on top, then pour over the wine and drizzle with a bit more oil and season. Cover with a lid or tightly with foil and roast in the oven for 4 hrs until tender. Leave to cool slightly.

2 Lift the lamb out of the dish and scrape off any onions or garlic stuck to it back into the dish. Pour off as much fat from the juices as you can (if braising the day before, place in the fridge for the fat to solidify and lift off). Use a potato masher or your fingers to squish the roasted garlic and onions into the juices, then add one of the cans of beans and mash that into the juices, then stir through the rest of the beans, taste and adjust for seasoning, adding a splash of kettle-hot water if needed.

3 Heat oven to 180C/160C fan/gas 4 and nestle the lamb back among the beans. Place everything back in the oven, uncovered, for another hour to heat through. Meanwhile, roughly chop the mint leaves and mix with the lemon zest. Remove the lamb from the oven, scatter with the mint and lemon and stir through the beans. Bring the dish to the table and shred the meat to serve.

GOOD TO KNOW iron • 1 of 5-a-day • gluten free

PER SERVING 691 kcal • fat 36g • saturates 14g • carbs 15g • sugars 5g • fibre 4g • protein 66g • salt 0.6g



‘Rather than having the stress of a full-on Easter roast with all the trimmings, I opt for braised lamb which is a lot easier, plus you don’t have to worry about it over-cooking. It also gives you plenty of time to (hopefully) enjoy the year’s first rays of warm sunshine.’

Barney Desmazery