

LAMB MINESTRONE

500 g lamb knuckle
1 onion, chopped
2 celery stalks, chopped
3 medium carrots, chopped
1 clove of garlic, minced
1 tablespoon tomato paste
1 tin chopped tomatoes
250 g of mushrooms, quartered
5 baby marrows, chopped
Handful of fresh parsley
3 rosemary stems
2 bay leaves
7,5 ml dried oregano
1 tin white cannellini beans
3 big handfuls of spinach
Salt and pepper to taste

Brown the lamb knuckles evenly on both sides in a very hot pot. Salt on both sides.

Remove the browned lamb from the pot and set aside. In the fat that has rendered add the chopped onion, carrots and celery. Once the onions are soft add the garlic and tomato paste and sauté for 1 minute.

Add the chopped tomatoes, fill the tin with water and add that to the pot as well. You can add enough water to fill the pot. The mushrooms, baby marrows, parsley, rosemary, bay leaves and oregano also go in the pot. Put the browned lamb back in the soup and add the lid. Leave the soup to boil for 2 – 3 hours on a low heat, or until the meat falls from the bones.

Add the cannellini beans and spinach and cook the soup for a further 10 minutes. Season the soup with salt and pepper to your tastes.

Serve with some toasted ciabatta or any crusty bread.

. Yes, this classic vegetarian staple is getting a lambtastic make over. Not very far from the original minestrone, the only difference with my version is the addition of lamb.

