



# LAMB CHILI

A spicy braised lamb 'chili con carne' dish made with lamb shoulder, red kidney beans, tomatoes, peppers, chilies and a hint of dark chocolate.

YIELD: 6 - 8 servings

PREP TIME: 10 minutes

COOKING TIME: 65 minutes





## Lamb

2 tablespoons Olive oil  
800g Deboned lamb shoulder, cut into small bite-size pieces  
1 teaspoon Salt  
½ teaspoon Freshly ground pepper  
1 medium Onion, chopped  
2 cloves Garlic, minced  
1 tablespoon Chili powder/chili paste  
2 teaspoons Ground coriander  
2 tablespoons Cacao powder  
1 ½ teaspoons Cumin  
½ teaspoon Ground cinnamon  
¼ teaspoon Nutmeg  
1 Bay leaf  
2 tablespoons Tomato paste  
1 Red bell pepper, diced  
1 tin Tinned cherry tomatoes  
1 cup Lamb stock  
1 cup Fresh baby cherry tomatoes  
1-2 tins Red kidney beans  
60g Dark chocolate

Heat 1 tablespoon olive oil in a large heavy-based pan over medium heat. Season the lamb with salt and pepper and add to the pan and cook until browned. Remove with a slotted spoon, drain the excess liquid return the pan to the stove. Add the remaining oil to the pan and sauté the onions and garlic until softened, about 3-4 minutes. Add the chili powder/chili paste, coriander, cacao, cumin, cinnamon, nutmeg and bay leaf. Add the tomato paste. Stir until combined and cook for 2-3 minutes. Transfer the lamb back into the pot and stir to combine. Add the diced red bell peppers, tinned cherry tomatoes and stock. Cook covered for 60 minutes over low heat or until meat is tender. Add the fresh baby tomatoes, beans and chocolate and stir to combine and cook for another 5 minutes until the chocolate is melted and beans are warmed through.

Serve with fresh coriander, sliced red and green chillies and sliced avocado.

Can also be served with rice and corn bread or tortilla chips.

