KIKKOMAN®

Lamb, aubergine and Spinach Pot

Total time **110 mins** **20 mins** preparation time **90 mins** cooking time

INGREDIENTS

4 portion(s)

4 tbsp	vegetable oil
500 g	lean lamb, diced
2	medium onions, peeled and chopped
2 tsp	paprika
1	aubergine, cut into 2.5 cm chunks
1	orange pepper, deseeded and chopped
2	garlic cloves, peeled and finely chopped
2 tbsp	Kikkoman Naturally Brewed Tamari Gluten free Soy Sauce
400 g	can chopped tomatoes
300 ml	lamb stock
175 g	spinach leaves, shredded

PREPARATION

Step 1

Heat half the oil in a large sauté pan or flameproof casserole and brown the lamb in batches over a fairly high heat. Remove the pieces with a slotted spoon as they brown and set aside.

Step 2

Add the rest of the oil to the pan and lower the heat. Fry the onions for 10 minutes until softened, then add the paprika, aubergine, orange pepper and garlic and fry for a further 5 minutes.

Step 3

Stir in the Kikkoman Tamari Gluten-free soy sauce, tomatoes and stock and bring to a simmer. Return the lamb to the pan, cover and simmer over a low heat for 1 hour or until the lamb is tender, stirring occasionally.

Step 4

Uncover the pan, stir in the shredded spinach and cook for 2-3 minutes until the leaves wilt. Serve with boiled rice.