

Lamb & barley soup

Serves 4

Preparation time: 15 minutes

Cooking time: 1 ½ hours

1 large onion, finely chopped
2 carrots, peeled, diced
2 garlic cloves, crushed
2 tsp fresh chopped rosemary
2 large French fully trimmed lamb shanks
1 L (4 cups) salt reduced chicken stock
100g (½ cup) pearl barley, rinsed and drained
1 large parsnip, peeled, diced
300g (1 ½ cups) fresh or frozen corn kernels
2 zucchini, trimmed, diced
4 small slices whole grain bread, to serve

Heat the oil in a large heavy based saucepan over a medium heat, add the onion and carrot and cook, stirring, for 5 minutes or until soft. Add garlic and rosemary and cook, stirring, for 30 seconds or until fragrant.

Increase heat to high, add the lamb and cook for 2-3 minutes or until lightly browned. Add the barley, stock and 500ml (2 cups) water and bring to the boil. Reduce the heat to low and simmer, covered, for 1 ½ hours or until lamb is very tender.

Use tongs to transfer the lamb to a plate and remove the meat from the bone. Coarsely shred. Skim any excess fat from the surface of the soup and discard. Return shredded meat to the pan.

Add the parsnip, corn and zucchini and simmer for 20 minutes further or until vegetables and lamb are tender. Season with pepper.

Serve with a slice of whole grain bread.

