



Lamb Neck Fillets Stew

Think stews are just for the colder months? We'll have you thinking again with this stunning recipe

Serves: 4

Prepare: 20 Minutes

Cook: 45 Minutes

Difficulty: Easy

Ingredients

- splash of fat, ideally [beef tallow](#) (if not a good rapeseed oil would work)
- 3 cloves of garlic, minced
- [330ml organic chicken bone broth](#)
- 2 [lamb neck fillets](#), cut into approx 2cm cubes
- 1 large/ 2 small lemons
- 8 springs of thyme
- 8 jersey royal potatoes
- 1 bunch of watercress, to serve
- pinch of salt (a good sea or pink salt ideally)
- generous pinch of ground black pepper

Method

1. Season the lamb with salt and pepper
2. Heat the fat in a large saucepan on a medium-high heat, add the lamb and brown off the edges
3. Turn the heat down slightly and add the garlic, bone broth, lemon juice and thyme. Cover and cook on a very low heat for 25 minutes
4. Slice the potatoes in half then add to the pan. Cover and cook for a further 20 minutes
5. Once ready to serve, add fresh watercress to the stew and stir in for the last couple of minutes so it's slightly wilted