



## Irish stew

 Popular

READY IN



150 min.

SERVINGS



6

CALORIES



906 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 1 tbsp unrefined sunflower oil
- ☐ 200 g streaky bacon smoked cut into chunks
- ☐ 900 g stewing lamb cut into large chunks
- ☐ 5 medium onions sliced
- ☐ 5 carrots sliced into chunks
- ☐ 3 bay leaves
- ☐ 1 small bunch thyme leaves
- ☐ 100 g pearl barley

- ☐ 850 ml lamb stock
- ☐ 6 medium potatoes cut into chunks
- ☐ 1 small knob butter
- ☐ 3 spring onion finely sliced

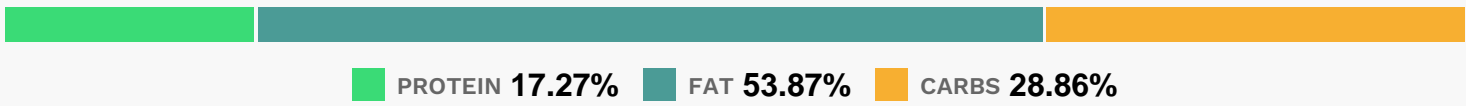
## Equipment

- ☐ frying pan
- ☐ oven
- ☐ stove
- ☐ slotted spoon

## Directions

- ☐ Heat oven to 160C/fan 140C/gas
- ☐ Heat the oil in a flameproof casserole. Sizzle the bacon for 4 mins until crisp. Turn up the heat, then cook the lamb for 6 mins until brown.
- ☐ Remove the meats with a slotted spoon.
- ☐ Add the onions, carrots and herbs to the pan, then cook for about 5 mins until softened. Return the meat to the pan, stir in the pearl barley, pour over the stock, then bring to a simmer.
- ☐ Sit the chunks of potato on top of the stew, cover, then braise in the oven, undisturbed, for about 1 hrs until the potatoes are soft and the meat is tender. The stew can now be chilled and kept in the fridge for 2 days, then reheated in a low oven or on top of the stove.
- ☐ Remove from the oven, dot the potatoes with butter, scatter with the spring onions and serve scooped straight from the dish.

## Nutrition Facts



## Properties

Glycemic Index:47.43, Glycemic Load:30.87, Inflammation Score:-10, Nutrition Score:38.43260916938%

## Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Isorhamnetin: 4.59mg, Isorhamnetin: 4.59mg, Isorhamnetin: 4.59mg, Isorhamnetin: 4.59mg Kaempferol: 2.5mg, Kaempferol: 2.5mg, Kaempferol: 2.5mg, Kaempferol: 2.5mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 20.85mg, Quercetin: 20.85mg, Quercetin: 20.85mg, Quercetin: 20.85mg

Nutrients (% of daily need)

Calories: 905.59kcal (45.28%), Fat: 54.14g (83.3%), Saturated Fat: 21.9g (136.89%), Carbohydrates: 65.26g (21.75%), Net Carbohydrates: 54.73g (19.9%), Sugar: 8.23g (9.15%), Cholesterol: 139.02mg (46.34%), Sodium: 582.9mg (25.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.05g (78.1%), Vitamin A: 8696.36IU (173.93%), Vitamin B3: 13.95mg (69.73%), Vitamin C: 53.96mg (65.41%), Vitamin B12: 3.64µg (60.63%), Selenium: 42.4µg (60.58%), Vitamin B6: 1.14mg (57.12%), Phosphorus: 489.94mg (48.99%), Potassium: 1660.62mg (47.45%), Zinc: 6.8mg (45.33%), Fiber: 10.53g (42.12%), Manganese: 0.79mg (39.72%), Vitamin B1: 0.54mg (35.92%), Vitamin B2: 0.49mg (28.98%), Magnesium: 115.32mg (28.83%), Iron: 5.11mg (28.4%), Vitamin K: 29.68µg (28.27%), Copper: 0.53mg (26.65%), Folate: 96.32µg (24.08%), Vitamin B5: 2.1mg (21%), Vitamin E: 1.89mg (12.63%), Calcium: 102.2mg (10.22%), Vitamin D: 0.28µg (1.89%)