



# Pulled lamb with tzatziki and flatbreads

*Words are not enough to describe this irresistibly tender and juicy lamb recipe prepared in the AMC Speedcooker®. It's absolutely mouth-watering combined with the flatbreads, tzatziki and cabbage. Spoil your family and friends with this special meal.*

## INGREDIENTS

Serves 6

### Lamb

1,2-1,5 kg large cut of stewing lamb like shank, shoulder or thick neck slices, excess fat removed  
15 ml (1 tbsp) olive oil  
2 large onions, chopped  
2 celery stalks with the leaves, chopped  
4 medium carrots, halved lengthwise and sliced  
3 cloves of garlic, crushed  
1 x 50 g sachet (50 ml) tomato paste  
200 ml orange juice  
5 thick strips of lemon rind, made with a vegetable peeler  
200 ml strong Rooibos tea or red wine  
8-10 sprigs fresh thyme  
4 sprigs fresh rosemary  
60 ml (¼ cup) chopped fresh Italian parsley  
2 bay leaves  
salt and black pepper to taste

### To serve

½ red baby cabbage, finely shredded  
250 ml (1 cup) shop-bought tzatziki  
2-4 large flatbreads, naans or pita breads, warmed  
fresh mint and Italian parsley for garnish

## METHOD

1. Heat an AMC 8-litre Speedcooker® with a normal AMC 24 cm lid on, over a medium temperature until the Visiotherm® reaches the first red area. Brown the meat in batches and spoon out.
2. Add the oil and sauté onions, celery and carrots for a few minutes. Stir in the garlic and sauté until aromatic. Add the tomato paste and mix through.
3. Return the meat with orange juice, lemon rind, tea or wine, fresh herbs and bay leaves. Stir through and bring to the boil.
4. Seal unit with the Speedcooker® lid according to the instructions. Allow the cooking indicator to reach the red level and lower the temperature slightly to maintain the indicator at this level. Cook for 45 minutes (see tips).
5. Remove the unit from the heat. Allow the cooking indicator to drop completely before opening Speedcooker®. To do so, press the red safety valve to release any remaining pressure then slide the lid open.
6. Remove the lamb and shred the meat into long strips using two forks. Remove any bones, fat and herb stalks. Add the meat back to the sauce and stir through.
7. Season to taste. Simmer with the AMC 24 cm lid for another 10 minutes or until heated through.
8. Serve lamb with cabbage, tzatziki and warm breads. Garnish with fresh herbs.

## TIPS

- The meat can be cooked, shredded and stirred back into the sauce the day before serving. This will allow the flavours to develop even more. Remember it's much easier to shred the meat while it is still warm. Then just reheat, season and serve.
- Smaller cuts of meat like neck slices may cook a few minutes faster. So adjust the cooking time accordingly.