



## Lamb, Rice and Spinach Broth

(makes 4 servings)

*This is good! It's a brilliant combination of protein, good fats, vegetables and just enough starchy carbohydrate to keep you firing on all cylinders for hours. I regard it as a superb lunchtime soup but many of my 'fitness enthusiastic' followers tell me it makes a superb post-exercise meal and that a small bowl just isn't enough - it's got to be generous!*

### Ingredients

- 1 tablespoon light olive oil
- 1 large leek, finely sliced and meticulously cleaned
- 2 cloves garlic, peeled and crushed
- 1 teaspoon sea salt
- 500g lamb mince
- 750mls lamb or vegetable stock
- 1 x 400g tin chopped tomatoes
- 150g pre-cooked brown rice
- 1 tablespoon Worcestershire sauce
- Freshly ground black pepper
- 1 x 200g bag fresh spinach leaves

### Method

Warm the oil in a soup pot, add the leek, garlic and salt, stir well, cover and sauté over a very low heat until the leek is soft - around 10 minutes.

Meanwhile, in a hot pan, brown the minced lamb, stirring constantly until the pink colour disappears and it is slightly crisped around the edges. Remove from the heat, cover and set aside.

Add the stock and tomatoes to the soup pot, bring just to the boil, lower the heat and simmer for 5 minutes before adding the lamb (with its juices) and simmering for a further 5 minutes.

Add the rice, Worcestershire sauce and a few good grindings of black pepper and simmer for a further 10 minutes then add the spinach and continue simmering until it has just wilted but is still bright green (it seems like a huge pile of spinach but it wilts down fast so just keep cramming the leaves in and submerging them or force them down with the pot lid!)

If the soup is a little thick for your liking, add more stock or water.

Check the seasoning, adding more salt, pepper and/or Worcestershire sauce to taste.

If you make the soup ahead of time and either refrigerate or freeze it you will likely have to add more stock or water as the rice will swell and absorb quite a bit of the liquid.

**NB:** the quickest way to clean leeks is to slice them first, place in a colander, rinse thoroughly under running cold water then roughly dry with kitchen paper or a fresh, clean J cloth.