

Rabbit Casserole

Ingredients: (serves 4)

1 good sized rabbit
2 onions, halved
2 cloves garlic
4 potatoes, boiled
2 tablespoons olive oil
1 tablespoon soy sauce
1 tablespoon tomato paste
2 cups white wine
Juice of one lemon
½ teaspoon salt
freshly ground pepper



Method:

Ask the butcher at the Prime Meat Shop to cut up the rabbit into small bite-size pieces
Place the rabbit pieces in a glass bowl and drizzle with lemon, wine and soy sauce
Warm up the olive oil in a deep pan, add garlic and proceed to lightly brown the rabbit
Season with salt and pepper and add more wine to keep the meat moist and tender
Add the onions and tomato paste
Ensure that the sauce has the right consistency
Add the boiled potatoes, cover the pan with a lid and simmer the rabbit pieces for another thirty minutes

Side dish options:

Serve a tomato salad garnished with shredded onion and dressed with a light vinaigrette

Hints & tips:

Instead of the usual spaghetti or chips with this dish, serve some freshly baked bread
This recipe is healthy, easy to prepare and conforms well to a balanced dietary plan as it comprises all the major food groups, namely protein, carbohydrates, vitamins & minerals