



Bottled with love, for the joy of living



## **BLUEBERRY & LAMB BOLOGNESE**

### **PAIRED WITH**

### **2019 FORTUNA**

#### **INSTRUCTIONS**

Heat avocado oil in a large sauté pan to medium low heat.

Add onions and carrots and sauté until soft and the onions are golden.

Add garlic and sauté for an additional 5 minutes.

Push onions, carrots, and garlic to one side of the pan.

Turn heat up to medium high and add ground lamb to the center.

Brown the lamb, breaking up the pieces as you go.

Once lamb has fully browned, use a spoon to remove excess oil from the pan.

Stir in blueberries and red wine vinegar. Add rosemary.

Bring heat back down to a medium low.

Allow to simmer for 45 minutes or until blueberries have burst and the sauce has thickened.

Remove rosemary sprig.

#### **INGREDIENTS**

3 tbsp avocado oil

½ yellow onion, diced

2 carrots, shredded

2 cloves garlic, minced

1 lb ground lamb

1 tsp sea salt

¼ tsp ground black pepper

1 lb blueberries

¼ cup red wine vinegar

1 sprig rosemary

#### **FOR SERVING**

Polenta

Freshly grated parmesan

cheese