



# Smoky Mexican-Inspired Lamb Stew

## with Black Beans

Discovery Special

Spicy

30 Minutes



Ground Lamb  
250 g | 500 g



Black Beans  
1 | 2



Feta Cheese,  
crumbled  
¼ cup | ½ cup



Crushed  
Tomatoes with  
Garlic and Onion  
1 | 2



Cilantro  
7 g | 14 g



Sour Cream  
1 | 2



Tortilla Chips  
85 g | 170 g



Chipotle Powder  
1 tsp | 2 tsp



Mexican  
Seasoning  
2 tbsp | 4 tbsp



Yellow Onion  
1 | 2



Tomato Sauce  
Base  
2 tbsp | 4 tbsp



Guacamole  
3 tbsp | 6 tbsp

**Allergens** Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Contact Call us (855) 272-7002 | Visit us HelloFresh.ca | Follow us @HelloFreshCA

Ingredient quantities 56 g | 113 g  
2 person 4 person

Pantry items | Oil, pepper, salt

Cooking utensils | Colander, large pot, measuring cups, measuring spoons, small bowl

1



## Prep

- Before starting, wash and dry all produce.
- **Heat Guide for Step 2:**
  - Mild: ½ tsp (¼ tsp)
  - Medium: ¼ tsp (½ tsp)
  - Spicy: ½ tsp (1 tsp)
  - Extra-Spicy: 1 tsp (2 tsp)

- Pick **cilantro leaves** from **stems**. Keep **leaves** and **stems** separate.
- Thinly slice **cilantro stems**.
- Peel, halve, then cut **onion** into ¼-inch pieces.
- Drain, then rinse **black beans**.

2



## Cook aromatics

- Heat a large pot over medium-high.
- When hot, add **1 tbsp** (2 tbsp) **oil**, then **onions, cilantro stems** and ¼ **tsp chipotle powder**. (**NOTE:** Reference heat guide.)
- Cook, stirring occasionally, until **onions** soften, 2-3 min. Season with **salt** and **pepper**.

3



## Cook lamb

- Add **lamb** to the pot with **onions**. Cook, breaking up **lamb** into smaller pieces, until no pink remains, 4-5 min.\*\*
- Add **Mexican Seasoning, tomato sauce base** and **beans**. Cook, stirring often, until fragrant, 1 min. Season with **salt** and **pepper**.

4



## Cook stew

- Add **crushed tomatoes** and ¼ **cup** (½ cup) **water** to the pot with **lamb**. Stir to combine, then bring to a boil over high heat.
- Once boiling, reduce heat to medium-low. Simmer **stew**, stirring occasionally, until **stew** thickens slightly, 5-6 min. Season with **salt** and **pepper**. (**TIP:** If you have time, keep it simmering on the stove for longer. It gets better the longer it cooks!)

5



## Finish and serve

- Combine **sour cream** and **guacamole** in a small bowl.
- Divide **lamb stew** between bowls.
- Dollop with **guacamole cream**, then sprinkle **feta** and **cilantro leaves** over top.
- Serve **tortilla chips** on the side for scooping.

Measurements within steps

<b>1 tbsp</b>	<b>(2 tbsp)</b>	<b>oil</b>
2 person	4 person	Ingredient

If you ordered 6 servings, triple the amounts in the 2-serving recipe. You may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues.

\*\* Cook to a minimum internal temperature of 74°C/165°F.