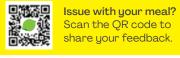


# English-Style Lamb Stew

with Roasted Potatoes

Discovery Special Family Friendly

35 Minutes









**Ground Lamb** 





All-Purpose Flour





Soy Sauce







Tomato Sauce Base



Beef Broth Concentrate







Mushrooms





**HELLO SOY SAUCE** 

## Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

Measurements 1 tbsp (2 tbsp) oil within steps 2 person 4 person Ingredient

#### **Bust out**

Baking sheet, medium bowl, measuring spoons, slotted spoon, parchment paper, measuring cups, large pot

# Ingredients

	2 Person	4 Person
Ground Lamb	250 g	500 g
Garlic, cloves	1	2
All-Purpose Flour	2 tbsp	4 tbsp
Yellow Potato	300 g	600 g
Soy Sauce	2 tbsp	4 tbsp
Green Peas	113 g	227 g
Tomato Sauce Base	2 tbsp	4 tbsp
Beef Broth Concentrate	1	2
Mirepoix	113 g	227 g
Mushrooms	113 g	227 g
Parsley and Thyme	14 g	14 g
Unsalted Butter*	2 tbsp	4 tbsp
Oil*		
Salt and Pepper*		

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

## **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.



### Roast potatoes

- Cut potatoes into ½-inch pieces.
- Add potatoes and 1 tbsp (2 tbsp) oil to a parchment-lined baking sheet. Season with salt and pepper, then toss to coat.
- Roast in the **middle** of the oven, until **potatoes** are golden-brown and tender, 25-28 min.



#### Prep

- While potatoes roast, quarter mushrooms.
- Strip **1 tbsp** (2 tbsp) **thyme leaves** from stems. Roughly chop.
- Roughly chop **parsley**.
- Peel, then mince or grate **garlic**.



#### Cook lamb

- Heat a large pot over medium-high heat.
- When hot, add **1** tsp (2 tsp) oil, then lamb. Cook, breaking up lamb into smaller pieces, until no pink remains, 4-5 min.\*\* Season with salt and pepper.
- Using a slotted spoon, transfer **lamb** to a medium bowl. Carefully drain and discard fat from the pot.



# Cook veggies

- Add 2 tbsp (4 tbsp) butter to the same pot, then mirepoix, thyme, mushrooms and garlic.
- Cook, stirring occasionally, until **mushrooms** soften slightly, 3-4 min.
- Add soy sauce, tomato sauce base, lamb and any juices from the medium bowl. Stir to combine.
- Sprinkle **flour** over top. Cook, stirring often, until **flour** coats **veggies** and **lamb**, 1-2 min.



#### Finish stew

- Add broth concentrate, peas and
  2 cups (4 cups) water. Season with salt and pepper. Bring to a boil over high.
- Once boiling, reduce the heat to mediumlow. Cook, stirring often, until **stew** thickens slightly, 4-6 min.



#### Finish and serve

- Add **roasted potatoes** to **stew**. Stir to combine.
- Divide **English-style lamb stew** between bowls.
- Sprinkle **parsley** over top.

**Dinner Solved!**