



English-Style Lamb Stew

with Roasted Potatoes

Discovery Special

Family Friendly

35 Minutes



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Ground Lamb



Garlic, cloves



All-Purpose Flour



Yellow Potato



Soy Sauce



Green Peas



Tomato Sauce Base



Beef Broth Concentrate



Mirepoix



Mushrooms



Parsley and Thyme

HELLO SOY SAUCE

An easy way to add deep umami flavour!

Start here

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

Measurements within steps **1 tbsp** (2 person) **(2 tbsp)** (4 person) **oil** 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 medium-low. 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!



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