



Product Spotlight: Classic Stew Mix

Made in WA, this is a warming, rich seasoning mix that'll take your stews, soups and slow cooks to the next level! Featuring native Australian pepperberry and saltbush that add an extra wow-factor to your meals.

Slow Cook Shepherd Pie with Sprout Salad

Diced lamb shoulder, slow cooked to tender perfection, flavoured with GH Produce's classic stew mix, baked with a creamy mash potato top and served with a Brussel sprout and parmesan cheese salad.

30 minutes + 3 hours slow cook Lamb 4-6 servings

Mix it up!

Make the mash extra creamy by using milk and butter.

Per serve: **PROTEIN** 73g **TOTAL FAT** 50g **CARBOHYDRATES** 101g

FROM YOUR BOX

DICED LAMB SHOULDER	800g
BROWN ONION	1
CARROTS	2
CELERY STICKS	2
THYME	1 packet
TOMATO PASTE	1 sachet
CLASSIC STEW MIX	1 sachet
MEDIUM POTATOES	1kg
PARMESAN CHEESE	1 packet
BRUSSEL SPROUTS	300g

FROM YOUR PANTRY

oil for cooking, olive oil/butter, salt, pepper, balsamic vinegar, flour of choice (see notes)

KEY UTENSILS

frypan, slow cooker, saucepan, oven dish

NOTES

If your slow cooker has a sauté function, you can sear the meat in the cooker instead of in a frypan. You can set the slow cooker to a low heat and cook for 5–6 hours instead.

We used plain flour; cornflour, rice flour, spelt flour or buckwheat flour will work well.



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1. BROWN THE LAMB

Season lamb with **salt and pepper**. Dust with **2 tbsp flour**. Heat a large frypan over high heat with **oil**. Add lamb, in batches, and cook until brown on each side. Add to slow cooker as you go.



2. ADD VEG & SIMMER FILLING

Set slow cooker to high heat (see notes). Dice onion and carrots. Thinly slice celery. Add to slow cooker along with **1/2 thyme**. Add tomato paste, stew mix, **1 tbsp vinegar**, **600ml water** to slow cooker. Simmer for 2 1/2 – 3 hours or until tender.



3. MAKE THE MASH

When there is 30 minutes remaining, set oven to 250°C and roughly chop potatoes. Add to a large saucepan and cover with water. Bring to a boil and cook for 20–25 minutes until tender. Reserve **1/2–1 cup cooking water** then drain potatoes (see notes). Return to saucepan and mash with **cooking water** and **2–3 tbsp olive oil/butter**. Season with **salt and pepper**.



5. ASSEMBLE THE PIE

Transfer filling to an oven dish. Spread mash over the top of filling. Sprinkle with **1/2 parmesan cheese** and bake for 5–10 minutes until cheese is melted and top of pie is golden.



5. MAKE THE SPROUT SALAD

Halve and thinly slice Brussel sprouts. Add to a bowl along with remaining parmesan, **1 tbsp vinegar**, **salt and pepper**. Toss to combine.



6. FINISH AND SERVE

Garnish pie with remaining thyme leaves. Serve tableside along with sprout salad.

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