

for the
little ones

Stew & Boiled Potatoes



Shepherd's Stew

A twist on the family classic - rich lamb mince stew served over creamy chive mash and paired with sautéed veggies. Turn into a pie if preferred!



30 Minutes



2 Servings



Lamb

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FROM YOUR BOX

MEDIUM POTATOES	3
LAMB MINCE	300g
SHEPHERD'S PIE SPICE MIX	1 tub
BROWN ONION	1
CELERY STICK	1
CHOPPED TOMATOES	400g
CARROT	1
CORN COB	1
CHIVES	1 bunch

FROM YOUR PANTRY

oil for cooking, butter, salt, pepper

COOKING TOOLS

large frypan, saucepan

Turn this dish into a traditional Shepherd's Pie if you prefer!

Before you start cooking!

Rinse your veggies and lay out all your ingredients, utensils and cooking equipment, such as pans, chopping board and knife.

Shepherd's Pie Spice Mix: cinnamon quill, bay leaves, dried oregano, thyme, ground paprika, garlic



1. COOK the Potatoes

Peel and chop **potatoes**. Place in a large saucepan and cover with water. Bring to a boil and cook for 15 minutes or until soft. To drain, see step 5.

tip Peeling the potatoes gives you a smoother mash!



2. BROWN the Mince

Heat a large pan with **oil** over medium-high heat. Add **mince** and cook for 5 minutes while breaking up lumps with a spatula. Stir in **spice mix**.

tip You can add everything to the slow cooker once the mince is browned!



3. ADD the Vegetables

Dice **onion** and **celery**. Add to pan as you go. Cook for 3-4 minutes then stir in **chopped tomatoes**, **1 cup water** and simmer, semi-covered, for 10 minutes.

tip You can add the corn kernels and carrot in here if you prefer!



4. Saute the Veggies

Meanwhile, cut **carrot** into sticks and **corn** into cobs. Cook, covered, in a pan with **1/2 cup water** for 5 minutes or until tender to your liking.

tip Serve the carrot sticks raw if your family prefers!



5. Mash the Potatoes

Reserve 1/3 cup cooking water before draining potatoes. Return to pan and mash with **1-2 tbsp butter**. Season with **salt and pepper**. Chop **chives** and stir through chives to taste half.

tip Replace cooking water with milk for a creamier mash!



6. FINISH AND SERVE

Serve shepherd's stew over creamy mash at the table with a side of veggies. Top with any remaining chives to taste.