



FOR the
Little ONES

BLANCHED
CORN
Colette

CARROT
STICKS

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



4/6 Servings



LAMB

	PROTEIN	TOTAL FAT	CARBOHYDRATES
Per serve	52g/57g	37g	77g/84g
4/6 Person:			

FROM YOUR BOX

	4 PERSON	6 PERSON
MEDIUM POTATOES	1kg	1.5kg
LAMB MINCE	600g	600g + 300g
SHEPHERD'S PIE SPICE MIX	1 tub	2 tubs
BROWN ONION	1	1
CELERY STICKS	2	3
TOMATO PASSATA	1 jar	1 jar
CHOPPED TOMATOES	N/A	400g
CARROTS	2	3
CORN COBS	2	2
CHIVES	1 bunch	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!

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 **tomato passata**, **1 1/2 cups water** and simmer, semi-covered, for 10 minutes.

6P - stir in tomato passata, chopped tomatoes and 1/2-1 cup water.



4. Sauté the Veggies

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