



Product Spotlight: Parsley

Flat leaf parsley is also known as Italian parsley. It has a stronger flavour than curly parsley and is a natural breath freshener!



Country Lamb Stew

A hearty one-pot stew with potatoes, carrot, celery and capsicum cooked in a rich gravy and served with a dollop of fresh sour cream and chopped parsley.



30 minutes



2 servings



Lamb

31 March 2023

Slow it down!

You can add all the ingredients to your slow cooker in the morning! The stew will be ready (and delicious) for dinner when you get home.

| Per serve: | PROTEIN | TOTAL FAT | CARBOHYDRATES |
|------------|---------|-----------|---------------|
| | 34g | 18g | 50g |

FROM YOUR BOX

| | |
|-----------------|----------|
| LAMB MINCE | 250g |
| MEDIUM POTATOES | 3 |
| CARROT | 1 |
| CELERY STALK | 1 |
| RED CAPSICUM | 1 |
| TOMATO PASTE | 1 sachet |
| SOUP CREAM | 1 tub |
| PARSLEY | 1 packet |

FROM YOUR PANTRY

salt, pepper, dried thyme, 1 stock cube (of choice), cornflour, balsamic vinegar

KEY UTENSILS

large frypan with lid

NOTES

Add some oil to the pan when cooking the lamb if your pan is not non-stick.

You can slice the potatoes or dice them smaller for a quicker cook time. Alternatively, you can boil the potatoes and carrots in a saucepan of water until they are cooked through. Return them to the stew in step 4.



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1. BROWN THE LAMB

Heat a frypan over medium-high heat. Add lamb and cook for 5 minutes until browned (see notes). Remove lamb from pan and season with **salt and pepper**. Keep pan over heat.



2. SAUTÉ THE VEGETABLES

Dice potatoes (4cm), slice carrot, celery and capsicum (see notes). Add to pan as you go. Stir in **1/2 tbsp thyme**, tomato paste and **1 tbsp cornflour** until all the vegetables are coated.



3. SIMMER THE STEW

Crumble in **1/2 stock cube** and add **1 1/2 tbsp balsamic vinegar**. Slowly pour in **3 cups water**, stirring as you go. Bring to a boil and simmer, covered, for 15 minutes.



4. RETURN THE LAMB

Return lamb mince to the pan and simmer for a further 5 minutes or until potatoes are tender. Season to taste with **salt and pepper**.



5. FINISH AND SERVE

Serve lamb stew with a dollop of sour cream. Garnish with chopped parsley.

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

