




### 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

 4 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
	33g	18g	47g

## FROM YOUR BOX

LAMB MINCE	500g
MEDIUM POTATOES	800g
CARROTS	2
CELERY STALKS	2
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.



Scan the QR code to  
submit a Google review!



### 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 carrots, celery and capsicum (see notes). Add to pan as you go. Stir in **1 tbsp thyme**, tomato paste and **2 tbsp cornflour** until all the vegetables are coated.



### 3. SIMMER THE STEW

Crumble in **1 stock cube** and add **3 tbsp balsamic vinegar**. Slowly pour in **1L 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**

