Product Spotlight: Potatoes

Potatoes have 40% fewer carbohydrates than pasta, 60% more vitamin C than blueberries, and 80% more potassium than bananas!

Slow it down!

If you have time, cook the stew in a slow cooker. This will help to further break down the mince and give the stew a deeper, richer flavour.

G2 # Irish Lamb Stew

with Potatoes

This Irish lamb stew is a great weeknight solution for those craving a warm and comforting meal. Lamb and veggie-packed stew flavoured with dried thyme and served with traditional boiled potatoes.

30 minutes   2 servings   Lamb

27 May 2022

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	39g	11g	48g

FROM YOUR BOX

BABY POTATOES	1 bag (400g)
LAMB MINCE	300g
BROWN ONION	1
TOMATO PASTE	1 sachet
CARROT	1
CELERY STICK	1
SLICED MUSHROOMS	1 punnet (200g)

FROM YOUR PANTRY

salt, pepper, dried thyme, 1 stock cube, cornflour, balsamic vinegar

KEY UTENSILS

2 saucepans, kettle

NOTES

Rice flour or plain flour would also work well if desired.

1. BOIL THE POTATOES

Boil the kettle.

Quarter potatoes. Add to a saucepan and cover with **hot water.** Bring to the boil and simmer for 8 minutes. Drain, see step 5.

2. BROWN THE LAMB

Heat a large saucepan over medium–high heat. Add lamb and use a cooking spoon to break apart. Cook, stirring occasionally, for 4–6 minutes until browning begins and fat begins to cook off.

3. ADD THE ONION

Slice onion. Add to pan as you go along with tomato paste and **2 tsp thyme**. Sauté with lamb for 2 minutes.

4. ADD THE VEGETABLES

Dice carrot and slice celery. Add to pan as you go along with mushrooms. Crumble in **stock cube** and add **2 tbsp balsamic vinegar.** Whisk together **500 ml water** and **1 tbsp cornflour** (see notes) and pour into pan. Simmer, semi-covered, for 5 minutes.

5. ADD THE POTATOES

Add the semi-boiled potatoes to the stew. Simmer, uncovered, for a further 10 minutes. Season to taste with **salt and pepper.**

6. FINISH AND SERVE

Ladle stew and potatoes into bowls to serve.

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**