

Product Spotlight: Potatoes

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



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.



27 May 2022

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.

FROM YOUR BOX

BABY POTATOES	1 bag (800g)
LAMB MINCE	500g
BROWN ONION	1
TOMATO PASTE	1 sachet
CARROTS	2
CELERY STICKS	2
MUSHROOMS	1 bag (300g)

FROM YOUR PANTRY

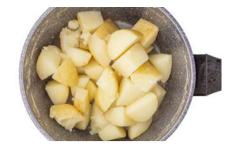
salt, pepper, dried thyme, 1 stock cube, corn flour, balsamic vinegar

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 or until tender. Drain potatoes, 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 tomato paste and **1 tbsp thyme**. Sauté with lamb for 2 minutes.



4. ADD THE VEGETABLES

Dice carrots. Slice celery and mushrooms. Add to pan as you go. Crumble in **stock cube** and add **3 tbsp balsamic vinegar**. Whisk together **1 L water** and **2 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.

