



Product Spotlight: Potatoes

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



G4 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  4 servings  Lamb

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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.

Per serve: **PROTEIN** 33g **TOTAL FAT** 9g **CARBOHYDRATES** 42g

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.

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**

