



Product Spotlight: Potatoes

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



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

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	TOTAL FAT	CARBOHYDRATES
	34g	37g	54g

FROM YOUR BOX

BABY POTATOES	800g
LAMB MINCE	600g
BROWN ONION	1
TOMATO PASTE	1 sachet
CARROTS	2
CELERY STICKS	2
MUSHROOMS	300g
CHICKEN STOCK PASTE	1 jar

FROM YOUR PANTRY

oil for cooking, salt, pepper, dried thyme, cornflour, balsamic vinegar

KEY UTENSILS

saucepan, large pan, 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 a boil and simmer for 8 minutes or until nearly tender. Drain potatoes, see step 5.



2. BROWN THE LAMB

Heat a large pan with **oil** over medium-high heat. Add **lamb** and use a cooking spoon to break apart. Cook, stirring occasionally, for 4-6 minutes until lightly browned.



3. ADD THE ONION

Peel and 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

Slice **carrots**, **celery** and **mushrooms**. Add to pan as you go. Add **stock**, **3 tbsp balsamic vinegar** and **3 cups water**. Whisk **1 cup water** and **2 tbsp cornflour** and pour into pan. Simmer, semi-covered, for 5 minutes.



5. ADD THE POTATOES

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



6. FINISH AND SERVE

Ladle stew and potatoes into bowls to serve.



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