



Product Spotlight: Fresh Bay Leaves

Fresh bay leaves have a more vibrant aroma and flavour compared to dried bay leaves. When using fresh bay leaves in cooking, you may notice a brighter, slightly citrusy aroma compared to the more mellow, earthy scent of dried bay leaves.



Slow Cook Balsamic Lamb with Creamy Mash

Lamb shoulder cooked in a rich sauce with balsamic vinegar, garlic, fresh rosemary and fresh bay leaf. Cooked until it falls apart, the lamb is shredded and served in the delicious sauce over creamy mash with dressed rocket leaves.



15 minutes + 4 hours slow cook



2 servings



Lamb

Keep the leftovers!

This balsamic lamb makes excellent sandwiches and sliders if you have any leftovers! Pair with rocket and some crumbled feta or tasty cheddar.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	44g	46g	33g

FROM YOUR BOX

LAMB SHOULDER	500g
BROWN ONION	1
GARLIC CLOVES	2
ROSEMARY SPRIG	1
BAY LEAF	1
BEEF STOCK PASTE	1 small jar
MEDIUM POTATOES	3
ROCKET LEAVES	120g

FROM YOUR PANTRY

oil for cooking, olive oil, butter, salt, pepper, balsamic vinegar, maple syrup

KEY UTENSILS

frypan, slow cooker, large saucepan

NOTES

You can set the slow cooker to a low heat and cook for roughly 6–8 hours instead.

Peel the potatoes for a smoother mash! Use milk instead of cooking water for the mash if you like!

If there is excess fat in the sauce (from the lamb), you can use a spoon or ladle to remove before returning the lamb to the sauce.

Protein Upsize Option: when adding extra meat, increase liquid in your slow cooker by adding 1/2 cup water to ensure even cooking.



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1. BROWN THE LAMB

Cut **lamb shoulder** into halves, trim fat if needed. Rub lamb with **oil, salt and pepper**. Heat a frypan over high heat. Brown lamb for 3–4 minutes on each side or until golden. Arrange in your slow cooker and turn on high heat.



4. BREAK UP THE LAMB

Remove **lamb** from slow cooker and transfer to a plate. Leave the sauce simmering uncovered in the slow cooker for 10 minutes while you break up the lamb using your tongs (see notes). Return the lamb to the slow cooker and adjust seasoning to taste with **salt and pepper**.



2. SLOW COOK THE LAMB

Peel and slice **onion** and **garlic cloves**. Add to slow cooker with **rosemary leaves** and **bay leaf**. Pour in 1/2 jar stock paste, **1/2 tbsp maple syrup**, **1/4 cup balsamic vinegar** and **1/4 cup water**. Cook the lamb on high for 4 hours or until the lamb shreds with a fork (see notes).



5. MASH THE POTATOES

Reserve **1/2 cup cooking water** before draining the **potatoes** (see notes). Return potatoes to saucepan and mash with **1/4–1/2 cup cooking water** and **1–2 tbsp butter**. Season well with **salt and pepper**.



3. BOIL THE POTATOES

When the lamb is finished the slow cooker, chop **potatoes** and place in a large saucepan (see notes). Cover with water, bring to a boil and cook for 15 minutes or until soft. To drain, see step 5.



6. FINISH AND SERVE

Dress **rocket leaves** with **olive oil** and **balsamic vinegar** (optional).

Serve lamb and sauce over potato mash with dressed rocket leaves.

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