




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 leg 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** 52g **TOTAL FAT** 27g **CARBOHYDRATES** 34g

FROM YOUR BOX

LAMB LEG	400g
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

Halve **lamb leg**, trim fat if needed. Rub 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.



2. SLOW COOK THE LAMB

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



3. BOIL THE POTATOES

When there is about 15 minutes left on the **lamb**, 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.



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**.



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 tbs butter**. Season well with **salt and pepper**.



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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