



Product Spotlight: Thyme

To quickly remove thyme leaves, place your fingers at the bottom of the stem, hold it upside down and firmly slide the leaves down.



White Lamb Ragù

with Garden Salad

Diced lamb leg slow cooked in a thyme-flavoured white ragù, tossed through pasta, served with parmesan cheese and a fresh garden salad.

 20 minutes + 3-4 hours slow cook

 4/6 servings

 Lamb

Switch it up!

If you don't have a slow cooker, you can cook the ragù in a heavy base casserole pan on the stove top. Add extra liquid to account for evaporation.

| Per serve | PROTEIN | TOTAL FAT | CARBOHYDRATES |
|-------------|---------|-----------|---------------|
| 4/6 Person: | 54g | 40g/36g | 64g/55g |

FROM YOUR BOX

| | 4 PERSON | 6 PERSON |
|---------------------|----------|-------------|
| DICED LAMB LEG | 700g | 700g + 400g |
| BROWN ONION | 1 | 2 |
| CARROTS | 2 | 2 |
| CELERY STICKS | 2 | 2 |
| GARLIC CLOVES | 2 | 3 |
| THYME | 1 packet | 1 packet |
| CHICKEN STOCK PASTE | 2 jars | 2 jars |
| LEMON | 1 | 1 |
| LEBANESE CUCUMBERS | 2 | 3 |
| MESCLUN LEAVES | 120g | 60g + 120g |
| SHORT PASTA | 500g | 500g |
| SHAVED PARMESAN | 1 packet | 1 packet |

FROM YOUR PANTRY

oil for cooking, salt, pepper

KEY UTENSILS

frypan, slow cooker

NOTES

If your slow cooker has a sauté function, you can sear the meat in the cooker instead of in a frypan. You can set the slow cooker to a low heat and cook for 5–6 hours instead.

Protein Upsize Option: when adding extra meat, add 1/2 cup water to ensure even cooking.

No gluten option - pasta is replaced with GF pasta.



1. BROWN THE LAMB

Heat a large frypan (see notes) over medium-high heat. Coat **lamb** with **oil**, **salt and pepper**. Add to pan and cook for 5–8 minutes until browned all over (cook in batches if needed). Remove **lamb** to slow cooker.



4. MAKE GARDEN SALAD

Bring a saucepan with water to a boil (for the pasta).

Zest lemon and set aside. Crescent **cucumbers**. Add to a bowl along with **mesclun leaves**. Squeeze in **juice from 1/2 lemon** (wedge remaining) and toss to combine.



2. PREPARE THE VEGETABLES

Meanwhile, dice **onion** and **carrots**. Slice **celery**, crush **garlic cloves** and pick **thyme leaves** (see notes). Add to slow cooker as you go.



5. COOK & TOSS THE PASTA

Add **pasta** to boiling water and cook according to packet instructions or until cooked al dente. Reserve **1/4 cup cooking liquid**. Drain **pasta** and stir through **ragu**. Add **lemon zest** and season to taste with **salt and pepper**.



3. SIMMER THE RAGU

Pour **3 cups water** into slow cooker and add **stock paste**. Stir to combine. Simmer for 3 1/2–4 hours or until tender.

6P - use 3 1/2 cups water.



6. FINISH AND SERVE

Garnish tossed **pasta** with **parmesan cheese**. Serve tableside along with **garden salad** and **lemon wedges**.

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