DINNER TWIST
LOCAL, HEALTHY, DELIVERED

Cottage Lamb Stew

A savoury lamb mince and vegetable stew simmered with tomatoes and served on a bed of creamy mash potatoes.

🕐 35 minutes   🍴 4 servings   🧂 Lamb

FROM YOUR BOX

MEDIUM POTATOES	1kg
BROWN ONION	1
LAMB MINCE	600g
CARROT	1
TINNED CHOPPED TOMATOES	400g
KALE LEAVES	4

FROM YOUR PANTRY

olive oil, salt and pepper, flour of choice

NOTES

You can transform this dish into a cottage pie! Thicken the stew with more flour in Step 3. Transfer the cooked lamb stew to an oven dish and top with mashed potato. Grill in the oven until the top is golden.

1. MASH THE POTATOES

Roughly chop **potatoes**. Add to a saucepan and cover with plenty of water. Bring to a boil and simmer for 15 minutes or until tender. Reserve **1/2 cup cooking liquid** before draining. Return potatoes to saucepan along with reserved cooking liquid. Mash to desired consistency. Season well with **salt and pepper**.

TIP *Peel potatoes for a smoother mash. Add milk, cream, butter or olive oil for extra flavour.*

2. BROWN THE LAMB

Heat a large pan with **olive oil** over medium–high heat. Dice **onion** and add to pan along with **lamb mince**. Add seasoning of choice (see tip). Cook for 8-10, breaking up mince as you go.

TIP *We added 2 tsp ground paprika, 1/4 tsp ground cinnamon and chopped fresh rosemary leaves. You can add some mustard, stock cube, dried herb of choice or a pre made stew seasoning for flavour. Add some crushed garlic if you have some.*

3. SIMMER THE STEW

Dice and add **carrot**. Stir in **1 tbsp flour** until coated. Pour in **chopped tomatoes** and **600ml water**. Cover and simmer for 10 minutes. Thinly shred **kale leaves** and stir through stew until wilted. Season to taste with **salt and pepper**.

TIP *You can add a splash of soy sauce or Worcestershire sauce for depth of flavour. You can add some frozen green peas, mushrooms, pumpkin or sweet potato if you want more vegetables.*

4. FINISH AND SERVE

Serve lamb stew on a bed of mash potato.

This recipe has simplified instructions to help lower your meal cost.