



Outback Beef Stew

A hearty, family-style beef stew with root vegetables, tender beef mince, and lentils, simmered in a rich broth. Finished with a bright squeeze of lemon for a fresh twist.



30 minutes



2 servings



Beef

FROM YOUR BOX

BEEF MINCE	300g
BROWN ONION	1
PARSNIP	1
MEDIUM POTATOES	2
CARROT	1
CELERY STALK	1
TOMATO PASTE	1 sachet
TINNED LENTILS	400g
LEMON	1

FROM YOUR PANTRY

oil for cooking, salt and pepper, stock cube (of choice), flour of choice

NOTES

Want to slow cook it? Reduce water to 2 cups in Step 3 and cook in a slow cooker on low for 3–4 hours.

1. BROWN THE BEEF

Heat saucepan or large frypan over medium–high heat with **oil**. Add **beef mince**, cook 5 minutes until browned, breaking up as you go. Season with **salt and pepper**. Remove from pan, set aside.

TIP *Start dicing vegetables as the beef cooks to save time.*

2. SAUTÉ THE VEGETABLES

Peel and dice **onion**, **parsnip**, **potatoes** and **carrot** (2cm). Slice **celery**. Add to pan with **seasoning** (see tip), cook 6–8 minutes until softened.

TIP *We seasoned the stew with 1 tbsp ground cumin and 1 tbsp ground paprika. You can add dried thyme, rosemary, garlic or use a pre-made stew mix.*

3. SIMMER THE STEW

Stir in **1 tbsp flour**, **tomato paste**, **1 crumbled stock cube**, and **3 cups water**. Bring to boil, reduce to simmer for 10 minutes or until vegetables are tender. Return **beef mince** to pan with drained **lentils**, simmer for 5 minutes.

TIP *Use stock paste or liquid stock instead of cube if preferred.*

4. FINISH AND SERVE

Zest **lemon**, set aside. Squeeze in juice of 1/2 lemon (wedge remaining). Season with **salt and pepper** to taste. Divide stew among bowls, garnish with lemon zest, serve with lemon wedges.

TIP *Add chopped parsley or sliced chives for colour and freshness.*

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