



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



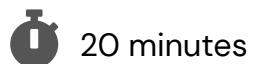
Product Spotlight: Polenta

Polenta (ground corn) is very versatile and a great gluten-free alternative. It pairs well with a variety of proteins and vegetables. Keep an eye on our Facebook this week for polenta inspo if you have leftovers in your pantry!



2 Speedy Winter Beef Stew with Polenta

A hearty winter beef stew with flavours of garlic, thyme and cinnamon, served over buttery polenta.



20 minutes



2 servings



Beef

Spice up the polenta

You can stir some cheddar, parmesan or feta cheese through the polenta for a cheesy finish!

FROM YOUR BOX

BEEF MINCE	300g
GARLIC CLOVE	1
SPRING ONIONS	2 *
CELERY STICKS	2
CARROT	1
THYME	1/2 packet *
CINNAMON QUILL	1
TOMATO PASTE	1 sachet
POLENTA	1 packet (125g)
SPINACH LEAVES	1/2 bag (60g) *
RED LENTILS	100g
SOUR CREAM	1 tub (200g)

*Ingredient also used in another recipe

FROM YOUR PANTRY

olive oil, oil/butter for cooking, salt, pepper, ground paprika, soy sauce

KEY UTENSILS

large frypan, saucepan

NOTES

You can use liquid stock instead of water to simmer the stew if you have some.

No beef option - beef mince is replaced with chicken mince. Cook for the same time as beef mince.

VEG OPTION - Ingredients are replaced with vegetarian alternatives - follow the cooking instructions as directed.



1. BROWN THE MINCE

Bring a saucepan with **700ml of water** to the boil (for the polenta).

Heat a large pan with **oil** over high heat. Add beef mince and cook for 3-4 minutes until browned, breaking up lumps with a spoon. Season with **salt and pepper**.

VEG OPTION - Skip this step.



4. MAKE THE POLENTA

Gradually whisk polenta into simmering water. Cook over low heat, stirring until thickened. Remove from heat and stir in **1-2 tbsp butter/olive oil** and remaining thyme leaves from 1/4 packet to taste. Season well to taste with **salt and pepper**.

2. ADD THE AROMATICS

Crush garlic and slice spring onions. Dice celery and carrot (alternately grate or thinly slice). Add to pan as you go with thyme leaves to yield 2 tsp, **2 tsp paprika** and cinnamon quill.

VEG OPTION - Stir in red lentils at the end of the step.



5. STIR THROUGH THE LEAVES

Stir spinach through the stew until wilted. Season with **salt and pepper**.

3. SIMMER THE STEW

Stir in tomato paste, **1/2 tbsp soy sauce** and **1 cup water** (see notes). Semi-cover and simmer for 10 minutes or until veggies are tender.

VEG OPTION - Simmer for 12-15 minutes or until lentils are tender. Add more water if needed.



6. FINISH AND SERVE

Divide polenta and stew among shallow bowls.

VEG OPTION - Serve with a dollop of sour cream.

How did the cooking go? We'd love to know - help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

