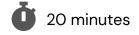


# **Speedy Winter Beef Stew** with Polenta

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





4 servings



# 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	600g
GARLIC CLOVES	2
SPRING ONIONS	1/2 bunch *
CELERY STICKS	2
CARROTS	2
ТНҮМЕ	1/2 packet *
CINNAMON QUILL	1
TOMATO PASTE	2 sachets
POLENTA	1 packet (250g)
SPINACH LEAVES	1/2 bag (100g) *
RED LENTILS	200g
SOUR CREAM	1 tub (200g)

<sup>\*</sup>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 **1.3 litres 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 **3-4 tbsp butter/olive oil** and remaining thyme leaves from 1/4 packet. Season well to taste with **salt and pepper**.



### 2. ADD THE AROMATICS

Crush garlic and slice spring onions. Dice celery and carrots (alternately grate or thinly slice). Add to pan as you go with 1/4 packet thyme leaves, 1 tbsp 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 tbsp soy sauce and 2 cups 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



