



### 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   4 servings   Beef

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*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
THYME	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)

\*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](mailto:hello@dinnertwist.com.au)

