



# English-Style Lamb Stew

with Mushrooms

**PRONTO** 35 Minutes



Ground Lamb



Cremini Mushrooms



Garlic



All-Purpose Flour



Rosemary



Yellow Potato



Soy Sauce



Mirepoix



Green Peas



Parsley



Tomato Sauce



Beef Broth Concentrate

### HELLO SOY SAUCE

*An easy way to add a deep umami flavour!*

## START HERE

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

### Bust Out

Baking Sheet, Large Pot, Parchment Paper, Medium Bowl, Microplane/Zester, Measuring Cups, Measuring Spoons

### Ingredients

	2 Person	4 Person
Ground Lamb	250 g	500 g
Cremini Mushrooms	227 g	454 g
Garlic	6 g	12 g
All-Purpose Flour	2 tbsp	4 tbsp
Rosemary	1 sprig	2 sprig
Yellow Potato	300 g	600 g
Soy Sauce	2 tbsp	4 tbsp
Mirepoix	113 g	227 g
Green Peas	56 g	113 g
Parsley	7 g	14 g
Tomato Sauce	2 tbsp	4 tbsp
Beef Broth Concentrate	1	2
Butter*		
Salt and Pepper*		

\* Pantry items

\*\* Cook to a minimum internal temperature of 74°C/165°F

### Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

*Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.*

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### 1. ROAST POTATOES

Cut potatoes into ½-inch pieces. Strip **1 tbsp rosemary leaves** off stems. Roughly chop the **rosemary leaves**. Toss **potatoes** with **1 tbsp oil** (dbl for 4ppl) and **half the rosemary** on a parchment-lined baking sheet. Season with **salt** and **pepper**. Roast in **middle** of oven, until **potatoes** are golden-brown, 25-28 min.



### 4. COOK VEGGIES

Add **2 tbsp butter** (dbl for 4ppl) to the same pot, then **mirepoix, mushrooms, garlic** and **remaining rosemary**. Cook, stirring occasionally, until **mushrooms** soften slightly, 3-4 min. Add **soy sauce, tomato sauce, lamb** and any **juices** from the bowl. Stir to coat. Sprinkle over **flour**. Cook, stirring often, until **flour** coats **veggies** and lamb, 1-2 min.



### 2. FINISH PREP

While the **potatoes** cook, quarter the **mushrooms**. Peel, then mince or grate **garlic**. Roughly chop the **parsley**.



### 5. FINISH STEW

Add **broth concentrate(s)** and **2 cups water** (dbl for 4 ppl) to the pot. Season with **salt** and **pepper**. Bring to a boil over high heat. Once boiling, reduce the heat to medium-low. Cook, stirring often, until **stew** thickens slightly, 4-6 min.



### 3. COOK LAMB

Heat a large pot over medium-high heat. When hot, add **1 tsp oil** (dbl for 4 ppl), then **lamb**. Cook, breaking up **lamb** into smaller pieces, until no pink remains, 4-5 min.\*\* Season with **salt** and **pepper**. When **lamb** is done cooking, transfer to a medium bowl and set aside.



### 6. FINISH AND SERVE

Add **roasted potatoes** and **peas** to the **stew**. Stir to combine. Divide **stew** between bowls. Sprinkle over the **parsley**.

## Dinner Solved!