



English-Style Lamb Stew

with Roasted Potatoes

Family Friendly

35 Minutes



CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap your protein, simply follow the instructions on the back of this card and you're set.

Happy cooking!



Ground Lamb



Minced Turkey



Garlic, cloves



All-Purpose Flour



Yellow Potato



Soy Sauce



Green Peas



Tomato Sauce Base



Chicken Broth Concentrate



Yellow Onion



Carrot



Parsley



Mushrooms

HELLO SOY SAUCE

An easy way to add deep umami flavour!

Start here

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

Bust out

Baking sheet, medium bowl, measuring spoons, slotted spoon, parchment paper, measuring cups, large pot

Ingredients

	2 Person	4 Person
Ground Lamb	250 g	500 g
 Minced Turkey	250 g	500 g
Garlic, cloves	2	4
All-Purpose Flour	2 tbsp	4 tbsp
Yellow Potato	300 g	600 g
Soy Sauce	2 tbsp	4 tbsp
Green Peas	113 g	227 g
Tomato Sauce Base	2 tbsp	4 tbsp
Chicken Broth Concentrate	1	2
Yellow Onion	56 g	113 g
Carrot	170 g	340 g
Parsley	7 g	14 g
Mushrooms	113 g	117 g
Unsalted Butter*	2 tbsp	4 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

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

Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional 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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Roast potatoes

Cut **potatoes** into ½-inch pieces. Add **potatoes** and **1 tbsp oil** (dbl for 4 ppl) to a parchment-lined baking sheet. Season with **salt** and **pepper**, then toss to coat. Roast in the **middle** of the oven until **potatoes** are golden-brown and tender, 25-28 min.



Prep

While **potatoes** roast, quarter **mushrooms**. Peel, then cut **half the onion** into ¼-inch pieces (whole onion for 4 ppl). Peel, then cut **carrot** into ¼-inch pieces. Roughly chop **parsley**. Peel, then mince or grate **garlic**.



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**. Using a slotted spoon, transfer **lamb** to a medium bowl. Carefully drain and discard fat from the pot.

 **CUSTOM RECIPE**

If you've opted to get **turkey**, cook it in the same way the recipe instructs you to cook the **lamb**.



Cook veggies

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



Finish stew

Add **broth concentrate, peas** and **2 cups water** (dbl for 4 ppl). 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.



Finish and serve

Add **roasted potatoes** to **stew**. Stir to combine. Divide **stew** between bowls. Sprinkle **parsley** over top.

Dinner Solved!