



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 Puree



All-Purpose Flour



Yellow Potato



Soy Sauce



Mirepoix



Green Peas



Tomato Sauce Base



Beef Broth Concentrate



Mushrooms

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, medium bowl, measuring spoons, parchment paper, measuring cups, large pot

Ingredients

	2 Person	4 Person
Ground Lamb	250 g	500 g
 Minced Turkey	250 g	500 g
Garlic Puree	1 tbsp	2 tbsp
All-Purpose Flour	2 tbsp	4 tbsp
Yellow Potato	180 g	360 g
Soy Sauce	2 tbsp	4 tbsp
Mirepoix	227 g	454 g
Green Peas	56 g	113 g
Tomato Sauce Base	2 tbsp	4 tbsp
Beef Broth Concentrate	1	2
Mushrooms	113 g	227 g
Unsalted Butter*	2 tbsp	4 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to minimum internal temperatures 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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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**.



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**. Transfer **lamb** to a medium bowl. Carefully drain and discard fat.



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 **mirepoix**, **mushrooms** and **garlic puree**. Cook, stirring occasionally, until **mushrooms** soften slightly, 3-4 min. Add **soy sauce**, **tomato sauce**, **lamb** and **any juices** from the bowl. Stir to combine. Sprinkle over **flour**. Cook, stirring often, until **flour** coats **veggies and lamb**, 1-2 min.



Finish stew

Add **broth concentrate**, **peas** and **2 ½ 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** and **peas** to **stew**. Stir to combine. Divide **stew** between bowls.

Dinner Solved!