



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



All-Purpose Flour



Yellow Potato



Soy Sauce



Green Peas



Tomato Sauce Base



Beef Broth Concentrate



Mushrooms



Mirepoix

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	6 g	12 g
All-Purpose Flour	2 tbsp	4 tbsp
Yellow Potato	180 g	360 g
Soy Sauce	2 tbsp	4 tbsp
Green Peas	56 g	113 g
Tomato Sauce Base	2 tbsp	4 tbsp
Beef Broth Concentrate	1	2
Mushrooms	113 g	227 g
Mirepoix	227 g	454 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 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.

Contact

Share your photos #HelloFreshLife
Call or email us | (855) 272-7002
hello@hellofresh.ca
HelloFresh.ca



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 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**. 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**. 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 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** to **stew**. Stir to combine. Divide **stew** between bowls.

Dinner Solved!