HELLO FRESH

Easy Lamb and Mushroom Stew
with Rosemary and Mashed Potatoes

Classic   30-35 Minutes • 2 of your 5 a day

Potatoes

Lamb Mince

Onion

Closed Cup Mushrooms

Carrot

Garlic Clove

Rosemary

Soy Sauce

Tomato Puree

Chicken Stock Paste

Flat Leaf Parsley

Pantry Items
Oil, Salt, Pepper, Plain Flour

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Saucepan, frying pan, garlic press, colander, potato masher and lid.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Lamb Mince**	200g	300g	400g
Onion**	1	1	2
Closed Cup Mushrooms**	150g	225g	300g
Carrot**	1	2	2
Garlic Clove**	2	3	4
Rosemary**	½ bunch	¾ bunch	1 bunch
Soy Sauce 11) 13)	15ml	25ml	30ml
Tomato Puree	30g	45g	60g
Chicken Stock Paste	10g	15g	20g
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch

Pantry	2P	3P	4P
Plain Flour*	2 tbsp	3 tbsp	4 tbsp
Water for the Sauce*	300ml	500ml	700ml

*Not Included ·**Store in the Fridge*

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	569g	100g
Energy (kJ/kcal)	1990 /476	350 /84
Fat (g)	15.1	2.7
Sat. Fat (g)	6.7	1.2
Carbohydrate (g)	60.9	10.7
Sugars (g)	12.9	2.3
Protein (g)	29.2	5.1
Salt (g)	3.28	½8

*Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).*

Allergens

11) Soya **13)** Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

1

Cook the Potatoes

Bring a large saucepan of **water** with **½ tsp salt** to the boil.

Chop the **potatoes** into 2cm chunks (peel first if you prefer).

When boiling, add the **potatoes** to the **water** and cook until you can easily slip a knife through, 15-20 mins.

2

Fry your Lamb Mince

Meanwhile, heat a large frying pan on medium-high heat (no oil).

Once hot, add the **lamb mince** and fry until browned, 4-5 mins. Use a spoon to break it up as it cooks. **IMPORTANT:** *Wash your hands and equipment after handling raw mince.*

While the **mince** browns, halve, peel and chop the **onion** into small pieces. Quarter the **mushrooms**.

Trim the **carrot**, then quarter lengthways (no need to peel). Chop widthways into small pieces.

3

Bring on the Veg

Once browned, drain and discard any excess fat from the **mince**. Season with **salt** and **pepper**, then transfer to a bowl and set aside.

Pop the pan back on medium-high heat and add the **onion**, **carrot** and **mushrooms**. Fry, stirring occasionally, until softened, 6-7 mins.

Meanwhile, peel and grate the **garlic** (or use a garlic press). Pick the **rosemary leaves** from their stalks and roughly chop (discard the stalks).

Once the **veg** has softened, add the **mince** back into the pan. Stir in the **garlic** and **rosemary** and fry until fragrant, 30 secs.

4

Simmer your Stew

Stir the **soy sauce** and **tomato puree** into the pan, then sprinkle over the **flour** (see pantry for amount). Cook, stirring, until well combined, 1-2 mins.

Mix in the **water for the sauce** (see pantry for amount) and **chicken stock paste**. Bring to the boil, then lower the heat and and simmer until the **stew** has thickened, 5-7 mins.

Add a splash of **water** if it gets a little too thick. **IMPORTANT:** *The mince is cooked when no longer pink in the middle.*

5

Make the Mash

Meanwhile, roughly chop the **parsley** (stalks and all).

Once the **potatoes** are cooked, drain in a colander and return to the pan, off the heat. Add a knob of **butter** and a splash of **milk** (if you wish) and mash until smooth.

Season with **salt** and **pepper**, then cover with a lid to keep warm.

6

Finish and Serve

When everything's ready, stir **half** the **parsley** through the **stew**.

Share your **stew** between your bowls with the **mash** alongside.

Sprinkle over the remaining **parsley** to finish.

Enjoy!