



# IRISH STYLE LAMB STEW

with Champ Mash



## HELLO CARROT

*Carrots were among the plants grown in the hanging gardens of Babylon in the 8th century BC.*



Potato



Leek



Carrot



Spring Onion



Garlic Clove



Lamb Mince



Panko Breadcrumbs



Dried Thyme



Pancetta Lardons



Red Wine Stock Pot



Plain Flour

40 mins

2 of your 5 a day

This year, to celebrate St Patricks Day, the chefs have created a delicious Irish-inspired lamb stew, packed with fresh delicious flavours and served with a creamy champ mash. Whilst there are many variations of a traditional Irish stew out there, we've used homemade lamb meatballs to bring something a little bit different to this much loved dish. Hearty, delicious and satisfying, this dish will warm you from the inside out.





## BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Fine Grater** (or **Garlic Press**), **Mixing Bowl**, **Frying Pan**, **Large Saucepan**, **Measuring Jug**, **Colander** and **Potato Masher**. Now, let's get cooking!



### 1 VEGGIE PREP

Chop the **potatoes** into 2cm chunks (no need to peel!). Trim the root and the dark green leafy part from the **leek**. Halve lengthways then thinly slice widthways. Trim the **carrots**, halve lengthways then thinly slice widthways. Trim, then thinly slice the **spring onion**. Grate the **garlic** (or use a garlic press).



### 2 FRY THE MEATBALLS

Put the **lamb mince** in a mixing bowl with the **panko breadcrumbs**, **half the dried thyme** and a pinch of **salt** and **pepper**. Mix together with your hands and make four small **meatballs** per person. Heat a drizzle of **oil** in a frying pan on high heat. Once hot, add the **meatballs** and **pancetta**. Brown them both, turning often, for 5 mins. **! IMPORTANT:** Remember to wash your hands and equipment after handling raw meat. Meanwhile, bring a large saucepan of water with a pinch of salt to the boil.



### 3 BOIL THE POTATO

Place the **potato** in the pan of boiling water and cook until tender, 12-15 mins. **★ TIP:** The potato is cooked when you can easily slip a knife through. Meanwhile, once browned, remove the **meatballs** and **pancetta** from the frying pan to a plate. Return the pan to medium heat with a drizzle of **oil** (if needed). Fill and boil your kettle.



### 4 COOK THE VEGGIES

Add the **leek**, **carrot** and remaining **dried thyme** to the frying pan. Cook until beginning to soften, 5 mins. Meanwhile, pour the boiling **water** (see ingredients for amount) into a measuring jug. Add the **stock pot** and stir to dissolve. Stir the **garlic** and **flour** into the **veggies** and cook for a 1 minute. Next, pour in the **stock** and return the **meatballs** and **pancetta** to the pan.



### 5 MAKE THE MASH

Bring to the boil, then reduce the heat and simmer until the **veggies** are tender and the **lamb** cooked through, 15 mins. **! IMPORTANT:** The meatballs are cooked when they are no longer pink in the middle. Once the **potato** is cooked, drain in a colander then return to the pan (off the heat). Mash with a pinch of **salt** and **pepper** (and a knob of **butter** if you have some!). Stir in the **spring onion**.



### 6 SERVE UP

When the **stew** is ready, remove from the heat and season to taste with **salt** and **pepper** if needed. Serve the **spring onion mash** in bowls topped with the **Irish stew**. **Happy St Patrick's Day!**

## 2 - 4 PEOPLE INGREDIENTS

	2P	3P	4P
Potato *	1	2	2
Leek *	1	1½	2
Carrot *	2	3	4
Spring Onion *	1	2	2
Garlic Clove *	1	2	2
Lamb Mince *	200g	300g	400g
Panko Breadcrumbs (13)	10g	15g	30g
Dried Thyme	½ pot	¾ pot	1 pot
Pancetta Lardons *	60g	90g	120g
Water*	400ml	600ml	800ml
Red Wine Stock Pot (14)	1 pot	1½ pots	2 pots
Plain Flour (13)	1 small pot	1½ small pots	2 small pots

\*Not Included

\* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 508G	PER 100G
Energy (kJ/kcal)	2165 / 518	426 / 102
Fat (g)	20	4
Sat. Fat (g)	7	1
Carbohydrate (g)	57	11
Sugars (g)	16	3
Protein (g)	30	6
Salt (g)	1.21	0.24

Nutrition for uncooked ingredients based on 2 person recipe.

### ALLERGENS

13) Gluten 14) Sulphites

**🧼 Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.**

### 👍 THUMBS UP OR THUMBS DOWN?

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