



LAMB STEW

with Basmati Rice



HELLO COOKBOOK

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Basmati Rice



Green Pepper



Lamb Strips



Smoked Paprika



Diced Tomatoes



Chicken Stock Pot

MEAL BAG

35 mins

2 of your 5 a day

For a quick but deliciously satisfying recipe, there are few things better than a warming stew. A rich tomato sauce, succulent lamb seasoned with smoky paprika, and sweet green peppers, this recipe proves that keeping things simple can still result in big, bold flavours. With just 20 minutes hands-on cooking time, this is a great recipe to knock together mid-week.

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Measuring Jug, Large Saucepan** (with a **Lid**), **Frying Pan** and **Slotted Spoon**. Now, let's get cooking!



1 COOK THE RICE

Bring the **water** (see ingredients for amount) to the boil in a large saucepan over high heat. Stir in the **basmati rice**. Cover with a lid, lower the heat to a simmer and cook for 10 mins, then remove from the heat and set aside (still covered) for another 10 mins.

★ **TIP:** The rice will finish cooking in its own steam.



2 CHOP THE PEPPER

Meanwhile, halve, then remove the core from the **green pepper** and chop into 2cm chunks.



3 BROWN THE LAMB

Heat a drizzle of **oil** in a frying pan on high heat. When really hot, add the **lamb** and stir-fry until browned all over, 3-4 mins.

★ **TIP:** Don't overcook the lamb, you just want to get a good colour on it - we will be adding it back to the sauce later on! Remove from the pan using a slotted spoon (keep the pan).



4 START THE SAUCE

Return the pan to medium heat, add the **pepper** (add a splash of **oil** if the pan is dry). Cook, stirring, until starting to soften, 3-4 mins. Add the **smoked paprika** and stir-fry for another minute. Stir in the **diced tomatoes**, **water** (see ingredients for amount), **stock pot** and a pinch of **sugar** (if you have some). Bring to the boil, then reduce the heat to medium-low. Cook until thick and tomatoey, stirring occasionally, 8-10 mins.



5 FINISH

Add the **lamb** back into the **sauce** and heat through for 1-2 mins.



6 SERVE

Fluff up the **rice** with a fork and serve in bowls. Spoon the **lamb stew** on top of the **rice**. **Enjoy!**

2 PEOPLE INGREDIENTS

Water for the Rice*	300ml
Basmati Rice	150g
Green Pepper, chopped	1
Lamb Strips	240g
Smoked Paprika	1½ tsp
Diced Tomatoes	1 tin
Water for the Sauce*	200ml
Chicken Stock Pot	1

*Not Included

NUTRITION FOR UNCOOKED INGREDIENTS	PER SERVING 489G	PER 100G
Energy (kcal)	493	101
(kJ)	2063	422
Fat (g)	8	2
Sat. Fat (g)	3	1
Carbohydrate (g)	70	14
Sugars (g)	11	2
Protein (g)	36	7
Salt (g)	4.89	1.00

ALLERGENS

Chicken Stock Pot: Water, Yeast Extract, Salt, Sugar, Stabiliser: Tara Gum, Dried Chicken, Natural Flavouring, Onion Juice, Ground Turmeric, Ground Sage, Ground White Pepper, Antioxidant: Rosemary Extract.

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

👍 THUMBS UP OR THUMBS DOWN?

Either way we want to know what you think! Feedback is what makes us tick, so head online or use our app to rate this recipe or get in touch via: 0207 138 9055 | hello@hellofresh.co.uk

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