



Lamb & Green Bean Bredie with Creamy Parmesan Smp

Ingredients

- 30 g Oil, cottonseed, salad or cooking
- 3 Mediums Onions, Raw
- 2 Garlic, Raw
- 1.5 kilograms Veal, cubed for stew (leg and shoulder), separable lean only, raw
- 410 g Tomatoes, Crushed, Canned
- 2 tsp Spices, Paprika
- 60 g MAGGI Lazenby Worcester Sauce
- 45 g Fruit Chutney
- 750 g Lamb Stock
- 3 sprigs Thyme, Fresh
- 2 Potatoes, raw, skin
- 300 g Green Beans, Cooked And Sliced
- 250 mg Nestle Dessert & Cooking Cream
- 0.25 tsp Salt, Table
- 0.25 tsp Spices, Pepper, Black
- 15 g Spearmint, fresh
- 400 g Cooked Smp
- 60 g Cheese, Parmesan, Grated
- 30 g Parsley, Fresh

Instruction

1. Heat the oil in a pot and brown the meat, in batches, for 2-3 minutes per side. Set aside and return the pot to the stove. Gently fry the onions and garlic for 5 minutes.
2. Add the tomatoes, paprika, MAGGI LAZENBY Worcestershire sauce, fruit chutney, stock and thyme. Cover and simmer for 1 hour. Add the potatoes and cook for 30 – 45 minutes, or until the meat and potatoes are tender. Add the beans and cream and cook for 5 minutes.
3. Season with salt and pepper and stir in the mint.
4. Heat the oil in a pan and gently fry the onion and garlic for 5 minutes.
5. Add the cooked smp, 125ml vegetable stock and 1/2 can of NESTLÉ dessert and cooking cream, and simmer for 8-10 minutes.
6. Remove from the heat and stir in the Parmesan cheese, parsley and black pepper.

Nutrition

Carbohydrates	128.42 g
Energy	861.63 kcal
Fats	15.32 g
Protein	72.76 g

🕒 129 Minutes

⊕ 6 Portions