



Classic Lamb Stew

Ingredients

- 600 g Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted
- 60 g Wheat Flour, White, All-Purpose, Unenriched
- 10 g Spices, cumin seed
- 10 g Spices, Paprika
- 2 tbsp Oil, corn, industrial and retail, all purpose salad or cooking
- 1 Onions, Raw
- 3 tbsp Rosemary, fresh
- 30 g Tomato Products, Canned, Sauce
- 30 g MAGGI Lazenby Worcester Sauce
- 750 g Soup, chicken broth, ready-to-serve
- 300 g Potatoes, Flesh And Skin, Raw
- 400 g Butternut Cubes
- 5 g Spices, Pepper, Black
- 15 mg MAGGI Chilli Garlic Sauce

Instruction

1. Place the flour, cumin and paprika into a bowl. Season well with salt and pepper. Coat each piece of lamb in the flour mixture, shaking off any excess flour.
2. Heat the oil in a deep casserole, and brown the lamb pieces, in batches, for 5– 6 minutes per side, or until brown. Transfer to a plate and repeat with the remaining lamb.
3. Return the casserole to the stove and gently fry the onion for 3-4 minutes, add more oil if necessary. Return the lamb to the pot, with the rosemary, tomato paste, MAGGI Lazenby Worcestershire Sauce, MAGGI Chilli Garlic Sauce and lamb or beef stock. Bring to simmer and cook, covered for 45 minutes.
4. Add the baby potatoes and cook for a further 25 minutes.
5. Add the remaining vegetables and season with pepper. Top with the extra rosemary and cook for 15-20 minutes, or until the vegetables are just tender.
6. Serve with samp and beans, MAGGI Steak & Chops flavour 2 Minute Noodles or rice.

Nutrition

Carbohydrates	28.66 g
Energy	398.36 kcal
Fats	17.65 g
Protein	30.68 g

🕒 120 Minutes

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