



More Than Food
HelloFresh.co.uk



Share your masterpiece! Tag your photos with #HelloFreshSnaps and share on You'll be entered into our weekly photo contest!

Smokey Lamb and Sweet Potato Hotpot

Meet Andre - the creator of this wondrous recipe! He's just joined Patrick, Victoria & Mimi to make up our chef dream team. Intriguingly, a long, long time ago, before Andre was a chef, he was the man people would call to claim their lottery winnings!!! We're pretty sure you'll feel like you've won the lottery, when you dig into his smokey lamb and sweet potato hotpot. It's a personal dish - his kids love this dish and he adores it because it's colourful and full of the joys of spring.



50 mins



family box



lactose free



healthy



gluten free



Red Onion (1)



Garlic Clove (3)



Coriander (5 tbsp)



Lamb Mince (600g)



Smoked Paprika (2 tbsp)



Tomato Passata (2 cartons)



Beef Stock Pot (1)



Sweet Potato (1)




Courgette (2)

Ingredients

4 PEOPLE ALLERGENS

Red Onion, chopped	1
Garlic Clove, crushed	3
Coriander	5 tbsp
Lamb Mince	600g
Smoked Paprika	2 tbsp
Tomato Passata	2 cartons
Beef Stock Pot	1
Sweet Potato	1
Courgette, sliced	2

 Our fruit and veggies come straight from the farm so give them a little wash before using

LH Step for little hands

Did you know...

Courgette is otherwise known as zucchini on the other side of the pond. Ooooooh-errr!

Nutrition per serving: Calories: 562 kcal | Protein: 41 g | Carbs: 75 g | Fat: 17 g | Saturated Fat: 6 g



1 Pre-heat your oven to 200 degrees. Peel and finely chop the **onion**. Peel and crush the **garlic** cloves (you can use a garlic press if you have one!). Separate the **coriander** leaves from the stalks. Chop the leaves roughly and finely chop the stalks. **Tip:** *We do this so we can cook the leaves and stalks separately for the best depth of flavour!*



2 Heat 1 tbsp of **olive oil** in a large frying pan and sweat the **onion** for 5 mins or until translucent. Add the **lamb mince** to the pan and cook until nicely browned. Add the **smoked paprika, garlic, coriander** stalks and season with $\frac{1}{4}$ tsp of **salt** and a good grind of black **pepper**. Cook for a further minute then pour in the **tomato passata**.



ends off the **courgettes** then cut them widthways into $\frac{1}{2}$ cm thick round slices.

5 To assemble the hotpot, use a deep baking oven dish approximately the size of an A4 sheet of paper. **LH:** *Arrange the **courgette** slices on the bottom of the dish and season with a pinch of **salt**.*

6 Spoon over the **lamb** mix and then top with the sliced **sweet potato**. Season with a pinch of **salt** and drizzle over 1 tbsp of **olive oil**.



3 Stir in the **beef stock pot** and add 100ml of **water**. Reduce the heat to low and cook for 15 mins or until the meat sauce has reduced by half. Then stir in the chopped **coriander** leaves and keep to one side.

7 Bake on the middle shelf of the the oven for 25 mins or until the sweet potato is cooked through.

8 Once baked, move the hotpot to the top shelf of the oven or under the grill if you have one. Grill until the sweet potato is nice and golden brown. **Tip:** *This should take about 5 mins. Serve immediately and enjoy!*

4 Whilst the lamb is simmering away, prepare the **sweet potato** and **courgettes**. Cut the **sweet potato** (skin-on!) widthways into $\frac{1}{2}$ cm thick round slices. Chop the

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!