

# Lamb Hot-Pot

## with Sauteed Cabbage

hellóchef

Enjoy this traditional dish from Lancashire, in the North West of England.

Cals 638 • Prot 41 • Carbs 50 • Fat 27

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🕒 cook: 60 min

R3168





Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Hot-pot	2 ppl	3 ppl	4 ppl	
Lean lamb mince	350	525	700	Grams
Carrot	1	2	2	Piece
Red onion	1	1	2	Piece
Garlic cloves	1	2	2	Piece
Fresh thyme	10	10	10	Grams
Potatoes	200	300	450	Grams
Olive oil	1	1	2	Tbsp
Salt	0.5	0.5	1	Tsp
Tomato paste	30	50	70	Grams
Plain flour <b>10*</b> , <b>11*</b>	10	15	20	Grams
Water	200	300	400	ML
Vegetable stock cube <b>15*</b>	0.5	1	1	Piece
Dried bay leaves	1	2	2	Piece
Worcestershire sauce <b>6*</b> , <b>11*</b>	15	22	30	ML
Onion marmalade	28	28	56	Grams
Cabbage				
Savoy cabbage	200	300	400	Grams
Olive oil	1	1	2	Tbsp
Butter <b>4*</b>	10	20	20	Grams
Salt	0.5	0.5	1	Tsp

Allergens

\*10 Wheat, \*11 Gluten, \*15 Celery, \*6 Fish, \*4 Milk

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information	Per Serving*
Energy (kJ/kcal)	2929 / 638
Fat (g)	26.7
of which saturates (g)	16.6
Carbohydrate (g)	50
of which sugars (g)	20.8
Fiber (g)	10.6
Protein (g)	40.6
Salt (g)	0.8

\*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Prep

Preheat the oven to 200°C/180°C fan. Peel and finely chop the **onion**. Peel and grate the **carrot**. Peel and mince the **garlic**. Strip and finely chop the **thyme leaves**. Slice the **potatoes** (skins on!) as finely as possible.



2 Fry

Heat a non-stick pan over a medium-low heat with a drizzle of **oil**. Add the **onion** and **carrot** with a pinch of **salt** and fry for 6 min until softened. Add the **garlic** and **tomato paste** and fry for 1 min further.



3 Simmer

Add the **lamb mince** and fry for 4-5 min further, breaking up the **mince** as you go. Stir the **flour** through and cook for 30 sec. Add the **measured water, stock cube, bay leaves, worcestershire sauce, onion marmalade** and half of the **thyme**. Cook for 3 min.



4 Bake

Transfer the **lamb** mixture into an oven proof dish. Reserve the pan. Top with the sliced **potatoes**. Drizzle the **potatoes** generously with **oil** and sprinkle with **salt** and the remaining **thyme**. Bake for 30-35 min until the **potatoes** are slightly browned and crispy. This is your **hot-pot**.



5 Fry cabbage

Meanwhile, slice the **cabbage** finely. Return the pan to a medium-high heat with a drizzle of **oil**. Add the **cabbage** and fry for 5-7 min until tender. Add the **butter** and fry for 2 min further. Season with **salt**.



6 Serve

Allow the **hot-pot** to rest for 5 min. Serve the **hot-pot** with the **cabbage** to the side.