



# Ground Lamb Navarin Stew with Creamy Mashed Potatoes

30 Minutes



Ground Lamb



Mirepoix



Garlic



Chicken Broth Concentrate



Thyme



All-Purpose Flour



Russet Potato



Sugar Snap Peas



Soy Sauce

Due to order volume, you may receive an equivalent ingredient substitution for this recipe. Follow the recipe instructions, as usual, using the ingredients that you have received.

Thank you for your understanding & happy cooking!

HELLO NAVARIN STEW

*Navarin is a French ragoût of lamb or mutton!*

## Start here

Before starting, wash and dry all produce.

### Bust Out

Vegetable peeler, measuring spoons, potato masher, strainer, measuring cups, large pot, large non-stick pan, garlic press

### Ingredients

	2 Person	4 Person
Ground Lamb	250 g	500 g
Mirepoix	113 g	227 g
Garlic	6 g	12 g
Chicken Broth Concentrate	1	2
Thyme	7 g	7 g
All-Purpose Flour	2 tbsp	4 tbsp
Russet Potato	460 g	920 g
Soy Sauce	1 tbsp	2 tbsp
Sugar Snap Peas	113 g	227 g
Milk*	2 tbsp	4 tbsp
Unsalted Butter*	2 tbsp	4 tbsp
Oil*		
Salt and Pepper*		

\* Pantry items

\*\* Cook to a minimum internal temperature of 71°C/160°F.

### Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

*Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.*

### Contact

Share your photos #HelloFreshLife

Call or email us | (855) 272-7002

hello@hellofresh.ca

HelloFresh.ca



### Boil potatoes

Peel, then cut **potatoes** into ½-inch pieces. Combine **potatoes**, **2 tsp salt** and enough **water** to cover (approx. 1 inch) in a large pot. (**NOTE:** Use same for 4 ppl.) Cover and bring to a boil over high heat. Once boiling, reduce heat to medium. Simmer, uncovered, until fork-tender, 10-12 min. Drain and return **potatoes** to the same pot off heat.



### Finish stew

Stir in the **sugar snap peas**, **broth concentrate**, **soy** and **1 ¼ cups water** (dbl for 4 ppl). Bring to a boil over high heat, then reduce heat to medium. Cook, stirring occasionally, until **stew** thickens slightly and **veggies** are tender, 6-7 min. Season with **salt** and **pepper**.



### Prep and cook veggies

Trim the **sugar snap peas**, then cut in half. Strip **1 tbsp thyme** (dbl for 4 ppl) from the stem. Roughly chop. Peel, then mince or grate the **garlic**. Heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then the **mirepoix**. Cook, stirring occasionally, until tender-crisp, 2-3 min.



### Mash potatoes

Once the **potatoes** are drained, add **2 tbsp butter** and **2 tbsp milk** (dbl both for 4 ppl). Using a masher, mash together until **creamy**. Season with **salt** and **pepper**.



### Cook lamb

Add the **lamb**, **thyme** and **garlic** to the pan. Cook, breaking up **lamb** into smaller pieces, until no pink remains, 4-5 min.\*\* Season with **salt** and **pepper**. Sprinkle with **flour**. Cook, stirring often, until the **lamb mixture** is coated, 1 min.



### Finish and serve

Divide the **creamy mashed potatoes** between plates and top with the **lamb navarin stew**.

## Dinner Solved!