



Ground Lamb Navarin Stew

with Creamy Mashed Potatoes

Family Friendly 30 Minutes



Ground Lamb



Ground Turkey



Mirepoix



Garlic



Chicken Broth Concentrate



Thyme



All-Purpose Flour



Russet Potato



Sugar Snap Peas



Soy Sauce



CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap your protein, simply follow the instructions on the back of this card and you're set.

Happy cooking!

HELLO NAVARIN STEW

Navarin is a French ragout of lamb or mutton!

Start here

Before starting, wash and dry all produce.

Bust out

Vegetable peeler, colander, measuring spoons, potato masher, measuring cups, large pot, large non-stick pan

Ingredients

	2 Person	4 Person
Ground Lamb	250 g	500 g
Ground Turkey	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
Sugar Snap Peas	113 g	227 g
Soy Sauce	1 tbsp	2 tbsp
Milk*	¼ cup	½ cup
Unsalted Butter*	2 tbsp	4 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°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.

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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 **snap peas**, **broth concentrate**, **soy sauce** and **¾ cups water** (dbl for 4 ppl). Bring to a boil over high, 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

While **potatoes** boil, trim, then halve **snap peas**. Strip **1 tbsp thyme leaves** (dbl for 4 ppl) from the **stems**, then roughly chop. Peel, then mince or grate **garlic**. Heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **mirepoix**. Cook, stirring occasionally, until tender-crisp, 2-3 min.



Mash potatoes

When **potatoes** are done, add **2 tbsp butter** and **¼ cup milk** (dbl both for 4 ppl). Using a masher, mash together until creamy. Season with **salt** and **pepper**.



Cook lamb

Add **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 **lamb mixture** is coated, 1 min.



CUSTOM RECIPE

If you've opted to get **turkey**, cook it in the same way the recipe instructs you to cook the **lamb**.



Finish and serve

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

Dinner Solved!