



# Ground Lamb Navarin Stew with Creamy Mashed Potatoes

Family Friendly

30 Minutes



## 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!



Ground Lamb



Ground Turkey



Mirepoix



Garlic, cloves



Chicken Broth Concentrate



Thyme



All-Purpose Flour



Russet Potato



Soy Sauce



Garlic Salt



Green Peas

## 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, 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, cloves	2	4
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
Garlic Salt	½ tsp	1 tsp
Green Peas	56 g	113 g
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 the website or app for the as-prepared recipe nutritional 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

Call or email us | (855) 272-7002

hello@hellofresh.ca

HelloFresh.ca

    @HelloFreshCA



### Boil potatoes

Peel, then cut **potatoes** into ½-inch pieces. Add **potatoes**, **2 tsp salt** and **enough water** to cover (by approx. 1 inch) to a large pot (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 **peas**, **broth concentrate**, **soy sauce** and **¾ cup water** (dbl for 4 ppl). Bring to a boil over high. Once boiling, reduce heat to medium. Cook, stirring occasionally, until **stew** thickens slightly and **veggies** are tender, 6-7 min. Season with **pepper**.



### Prep and cook veggies

While **potatoes** boil, strip **1 tbsp thyme leaves** (dbl for 4 ppl) from 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

While **stew** cooks, mash **2 tbsp butter** and **¼ cup milk** (dbl both for 4 ppl) into **potatoes** until smooth. 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 **½ tsp garlic salt** (dbl for 4 ppl) and **pepper**. Sprinkle **flour** over top. 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 **mashed potatoes** between plates, then top with **lamb navarin stew**.

## Dinner Solved!