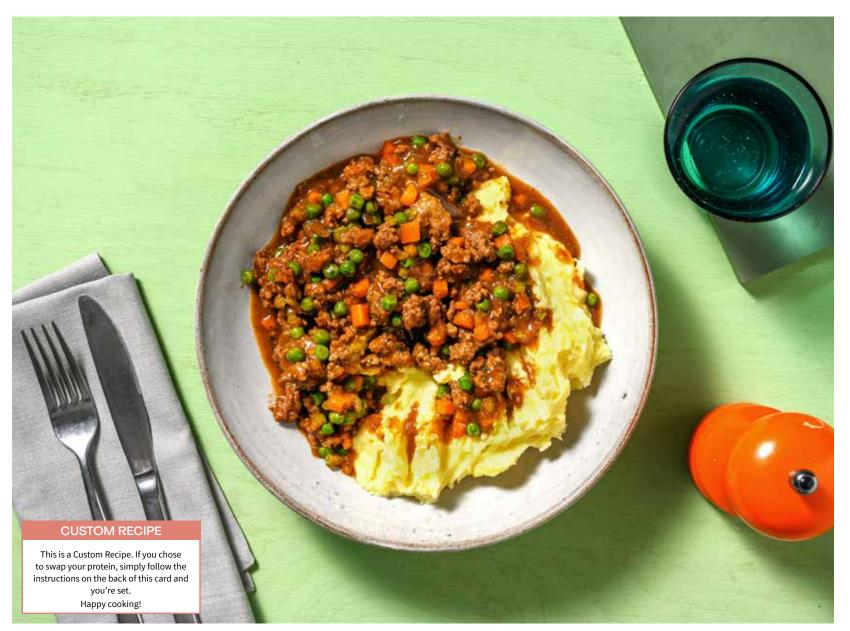


Ground Lamb Navarin Stew

with Creamy Mashed Potatoes

Family Friendly 30 Minutes





Ground Lamb





Mirepoix





Chicken Broth



Thyme

Russet Potato

Garlic Salt

Garlic, cloves

Concentrate



All-Purpose Flour







Soy Sauce



Green Peas

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

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	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*	⅓ cup	½ cup
Unsalted Butter*	2 tbsp	4 tbsp
Oil*		
Salt and Pepper*		

^{*} Pantry items

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.



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.



Prep and cook veggies

Meanwhile, strip 1 tbsp thyme leaves (dbl for 4 ppl) from stems, then roughly chop. Peel, then mince or grate garlic. Heat a large nonstick 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.



Cook lamb

Add **lamb**, **thyme** and **garlic** to the same pan. Cook, breaking up **lamb** into smaller pieces, until no pink remains, 4-5 min.** Season with 1/2 tsp garlic salt (dbl for 4 ppl) and pepper. Sprinkle **flour** over top. Cook, stirring often, until lamb mixture is coated, 1 min.

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



Finish stew

Stir in peas, broth concentrate, soy sauce and 3/4 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 salt and pepper.



Mash potatoes

Meanwhile, add 2 tbsp butter and 1/4 cup milk (dbl both for 4 ppl) to potatoes. Mash until smooth. Season with salt and pepper.



Finish and serve

Divide mashed potatoes between plates, then top with lamb navarin stew.

Dinner Solved!

Contact

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^{**} Cook to a minimum internal temperature of 74°C/165°F.