














Ground Lamb Navarin Stew with Creamy Mashed Potatoes

Family Friendly 30 Minutes



-  Ground Lamb
-  Ground Turkey
-  Mirepoix
-  Garlic, cloves
-  Chicken Broth Concentrate
-  Thyme
-  All-Purpose Flour
-  Russet Potato
-  Soy Sauce
-  Garlic Salt
-  Green Peas

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 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

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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 **salt** and **pepper**.



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 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

Meanwhile, add **2 tbsp butter** and **¼ cup milk** (dbl both for 4 ppl) to **potatoes**. Mash until smooth. Season with **salt** and **pepper**.



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 **½ 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 and serve

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

Dinner Solved!