

# Navarin-Style Lamb Meatball Stew

*with Pea Tips & Carrots*

In this classic French stew, we're serving up spring. Navarin features lamb alongside a host of vegetables, typically including turnips (or "navet," believed to have inspired the name of the dish). We opted for little fingerling potatoes and pea tips, or the soft, abundantly flavorful leaves of the snow pea plant. Simmered with lamb meatballs in an aromatic tomato broth, these delicious ingredients warmly welcome the new season.



## Ingredients

- 10 Ounces Ground Lamb & Beef Blend
- 8 Ounces Fingerling Potatoes
- 3 Cloves Garlic
- 3 Ounces Pea Tips
- 2 Carrots
- 1 Yellow Onion
- 1 Bunch Thyme

## Knick Knacks

- 3 Tablespoons Beef Demi-Glace
- 2 Tablespoons Tomato Paste
- 2 Tablespoons Plain Breadcrumbs
- 1 Tablespoon All-Purpose Flour

Makes 2 Servings

About 700 Calories Per Serving

Cooking Time: 25 to 35 minutes





1



## Prepare the ingredients:

Wash and dry the fresh produce. Peel and small dice the onion. Peel and mince the garlic. Pick the thyme leaves off the stems; discard the stems and finely chop the leaves. Slice the potatoes into ½-inch-thick rounds. Cut the carrots in half lengthwise, then into 3-inch pieces on an angle.

2



## Cook the aromatics:

In a large pan, heat 2 teaspoons of olive oil on medium-high until hot. Add the **garlic, onion and thyme**. Cook, stirring occasionally, 2 to 3 minutes, or until softened and fragrant. Transfer to a plate to cool. Wipe out the pan.

3



## Form the meatballs:

In a medium bowl, combine the **ground lamb and beef, breadcrumbs** and **half the cooled aromatics**; season with salt and pepper. Using wet hands, form the mixture into 14 to 16 meatballs (each about the size of a golf ball).

4



## Brown the meatballs:

In the same pan used to cook the aromatics, heat 2 teaspoons of olive oil on medium-high until hot. Add the **meatballs**. Cook, flipping occasionally to ensure even browning, 3 to 5 minutes, or until nearly cooked through. Carefully drain off and discard the drippings. Transfer the meatballs to a plate, leaving any browned bits (or fond) in the pan.

5



## Start the stew:

Add 2 teaspoons of olive oil to the pan of reserved fond; heat on medium until hot. Add the **potatoes, carrots, tomato paste, flour** and **remaining cooled aromatics**. Cook, stirring constantly, 2 to 3 minutes, or until the tomato paste is dark red.

6



## Finish the stew & plate your dish:

Add the **beef demi-glaze, browned meatballs** and **2¼ cups of water** to the pan of vegetables. Cook, stirring occasionally and scraping up any browned bits from the bottom of the pan, 13 to 15 minutes, or until the vegetables are tender. Turn off the heat. Add the **pea tips** and stir until just wilted; season with salt and pepper to taste. Divide the **finished stew** between 2 bowls. Enjoy!