

SPICY SKILLET FREEDOM RUN FARM LAMB RAGU



Recipe provided by *Running to the Kitchen* | Serves 4

INGREDIENTS

- 1 tablespoon extra virgin olive oil
- 1 pound ground Freedom Run Farm lamb
- 1 teaspoon cumin
- 1 teaspoon coriander
- 1 teaspoon fennel seed
- 1 1/2 teaspoons smoked paprika
- salt and pepper to taste
- 1 small yellow onion, chopped
- 2 large cloves garlic, minced
- 2 tablespoons fresh thyme leaves
- 1 tablespoon harissa paste
- 2 tablespoons tomato paste
- 2 cups beef broth
- 1 cup crushed tomatoes
- 1/2 head broccoli rabe, chopped
- 1/2 pound cooked cavatappi (or other similar shaped pasta)*
- chopped mint/basil for topping
- grated parmesan for topping

DIRECTIONS

Add olive oil and lamb to a large skillet over medium-high heat. Break up the lamb into small pieces as it cooks. Cook until browned. You can drain some of the fat out of the pan at this point if desired or leave it, up to you.

Add the cumin, coriander, fennel seeds, smoked paprika, salt and pepper and stir to combine with the lamb.

Add the onion, garlic and thyme, stir again and cook until onion is softened, about 3 minutes.

Add the harissa paste and tomato paste, stir until incorporated and cook 1 minute.

Add the broth, crushed tomatoes and broccoli rabe. Stir again until combined.

Cover the skillet and let cook until broccoli rabe is fork tender, about 5 minutes.

Add the cooked pasta to the skillet, stir to combine and heat through.

Garnish with freshly chopped mint, basil and grated parmesan cheese before serving.

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