



Slow-Cooked Irish Beef Stew

with Potato Mash & Veggies

KID FRIENDLY



Grab your Meal Kit with this symbol



Celery



Onion



Garlic



Carrot



Cherry Tomatoes



Diced Beef



Herb & Mushroom Seasoning



Beef-Style Stock Powder



Red Wine Jus



Potato



Parsley



Diced Beef

Prep in: 15-25 mins
Ready in: 1 hr 10 mins - 1 hr 30 mins



Calorie Smart*

*Custom Recipe is not Calorie Smart

If you're in the mood for a celebration feast without all the fuss or dishes, we suggest baking succulent slow-cooked beef and veggies. What Irish delight would be complete though without a serving of potatoes? Make it into a mash and those rich stew flavours will soak in and leave you feeling happy and warm.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Plain Flour, Brown Sugar, Butter, Milk

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Large ovenproof saucepan with a lid · Medium saucepan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
celery	1 stalk	2 stalks
onion	½	1
garlic	3 cloves	6 cloves
carrot	1	2
cherry tomatoes	1 punnet	1 punnet
diced beef	1 packet	1 packet
plain flour*	1 tbs	2 tbs
herb & mushroom seasoning	1 sachet	2 sachets
beef-style stock powder	1 medium sachet	1 large sachet
red wine jus	1 medium packet	1 large packet
brown sugar*	½ tsp	1 tsp
water*	¾ cup	1½ cups
potato	2	4
butter*	40g	80g
milk*	2 tbs	¼ cup
parsley	½ bag	1 bag
diced beef**	1 packet	1 packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2441kJ (583Cal)	376kJ (90Cal)
Protein (g)	36.2g	5.6g
Fat, total (g)	24.3g	3.7g
- saturated (g)	13.5g	2.1g
Carbohydrate (g)	55.7g	8.6g
- sugars (g)	27.9g	4.3g
Sodium (mg)	1159mg	178mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3150kJ (753Cal)	407kJ (97Cal)
Protein (g)	63.6g	8.2g
Fat, total (g)	31.1g	4g
- saturated (g)	15.9g	2.1g
Carbohydrate (g)	55.7g	7.2g
- sugars (g)	27.9g	3.6g
Sodium (mg)	1211mg	156mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns



1



Get prepped

- Preheat oven to **200°C/180°C fan-forced**.
- Thinly slice **celery** and **onion** (see ingredients). Finely chop **garlic**. Roughly chop **carrot**. Halve **cherry tomatoes**.
- In a medium bowl, combine **diced beef**, the **plain flour** and a pinch of **salt** and **pepper**.
- In a large ovenproof saucepan, heat a drizzle of **olive oil** over medium-high heat. Cook **celery** and **onion** until tender, **4-5 minutes**. Transfer to a bowl.

Custom Recipe: If you've doubled your diced beef, use a large bowl to flavour the beef and cook in batches for the best result.

3



Make the mash

- When the stew has **20 minutes** remaining, bring a medium saucepan of salted water to the boil. Peel **potato** and cut into large chunks.
- Cook **potato** in the boiling water, over high heat, until easily pierced with a fork, **12-15 minutes**. Drain, then return **potato** to the pan.
- Add the **butter** and **milk** to the **potato**, then season generously with **salt**. Mash until smooth. Cover to keep warm.

2



Make the stew

- Return saucepan to high heat with a drizzle of **olive oil**. When oil is hot, cook **diced beef** until browned, **2-3 minutes**.
- Remove pan from heat, then add **celery, onion, garlic, herb & mushroom seasoning, cherry tomatoes, carrot, beef-style stock powder, red wine jus, the brown sugar** and **water**. Stir to combine.
- Season with **pepper**, then cover with a lid (or foil). Bake in oven until stew has thickened and beef is tender, **50-60 minutes**.

TIP: If you don't have an ovenproof saucepan, transfer stew to a medium baking dish.

TIP: Covering the saucepan tightly will prevent the stew from drying out.

Little cooks: Kids can help out with measuring the brown sugar and water.

4



Serve up

- Divide potato mash and slow-cooked Irish beef stew between bowls.
- Tear over **parsley** (see ingredients) to serve. Enjoy!

Little cooks: Kids can help tear over the parsley.

Rate your recipe

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