



Irish Beef & Red Wine Stew

with Potato Mash & Parsley

FAST & FANCY

NEW

Grab your Meal Kit with this symbol



Potato



Tomato



Slow-Cooked Beef Brisket



Soffritto Mix



Aussie Spice Blend



Beef-Style Stock Powder



Red Wine Jus



Baby Spinach Leaves



Parsley

Prep in: 15-25 mins
Ready in: 30-40 mins

Indulge in this premium dining experience where we've done all the hard work for you! Beef and veggies are stewed in a red wine sauce until meltingly tender, and are perfectly complimented with a classic potato mash. This comforting embrace of flavours invites you to savour each spoonful in cozy delight.

Pantry items

Olive Oil, Butter, Milk, Brown Sugar

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 saucepan · Large frying pan or pot

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
butter*	40g	80g
milk*	2 tbs	¼ cup
tomato	1	2
slow-cooked beef brisket	1 medium packet	2 medium packets OR 1 large packet
soffritto mix	1 medium packet	1 large packet
Aussie spice blend	1 medium sachet	1 large sachet
beef-style stock powder	1 medium sachet	1 large sachet
red wine jus	1 medium packet	1 large packet
brown sugar*	1 tsp	2 tsp
water*	½ cup	1 cup
baby spinach leaves	1 small packet	1 medium packet
parsley	½ packet	1 packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3034kJ (725Cal)	549kJ (131Cal)
Protein (g)	30g	5.4g
Fat, total (g)	46.6g	8.4g
- saturated (g)	19g	3.4g
Carbohydrate (g)	45.2g	8.2g
- sugars (g)	23.2g	4.2g
Sodium (mg)	1575mg	285mg

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](https://www.hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



Make the mash

- Boil the kettle. Cut **potato** into large chunks.
- Half-fill a large saucepan with boiling water and add a generous pinch of **salt**.
- Cook **potato** in the boiling water, over high heat, until easily pierced with a fork, **12-15 minutes**. Drain and return to the pan.
- Add the **butter** and **milk** to **potato** and season with **salt**. Mash until smooth. Cover to keep warm.

TIP: Save time and get more fibre by leaving the potato unpeeled.

3



Finish the stew

- Add **Aussie spice blend** to the **beef** and cook until fragrant, **1 minute**.
- Add **beef-style stock powder**, **red wine jus**, the **brown sugar** and **water**. Stir to combine and simmer until slightly reduced, **2-3 minutes**.
- Remove pan from heat, add **baby spinach leaves** and stir until wilted. Season with **salt** and **pepper**.

2



Start the stew

- Meanwhile, roughly chop **tomato**. Roughly chop **slow-cooked beef brisket**.
- Heat a large frying pan or pot over high heat with a drizzle of **olive oil**. Cook **soffritto mix**, **tomato** and **beef**, stirring, until tender, **5-6 minutes**.

4



Serve up

- Divide potato mash between bowls.
- Top with Irish beef and red wine stew.
- Tear over **parsley** (**see ingredients**) to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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