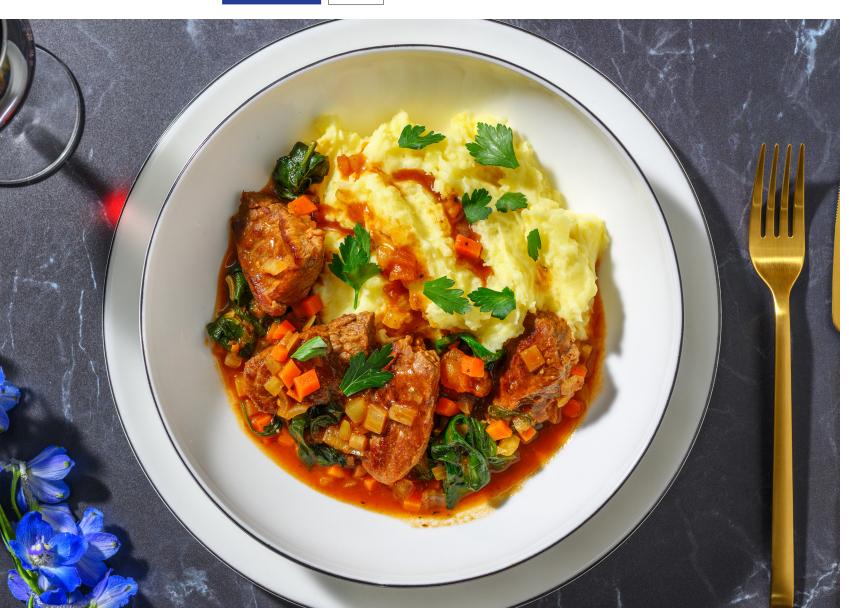
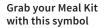
Irish Beef & Red Wine Stew

with Potato Mash & Parsley

FAST & FANCY

NEW









Potato





Slow-Cooked Beef Brisket

Soffritto Mix





Aussie Spice Blend

Beef-Style Stock Powder







Baby Spinach Leaves



Parsley

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	1/4 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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



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.



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.



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.



Serve up

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

