

Slow-Cooked Irish Beef Stew

with Potato Mash & Veggies

Grab your Meal Kit with this symbol



Celery



Onion



Garlic



Carrot



Tomato



Herb & Mushroom Seasoning



Beef-Style Stock Powder



Potato



Herbs



Diced Beef



Red Wine Jus

Recipe Update

The recent wet and cold weather across New Zealand has impacted our regular supply of fresh ingredients and as such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Prep in: **15-25 mins**
Ready in: **1 hr 50 mins - 2 hrs**

 Calorie Smart

If you're feeling like a bit of mash and flavoured beef but don't want the hassle of babysitting the meat, then this slow-cooked version will be perfect to take dinner off your hands. Bake the beef and veggies in a stew and that's it! You can sit down and finish that TV show in the meantime because this dinner really does take care of itself.

Pantry items

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

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

You will need

Large ovenproof pot with a lid (or foil) · Medium saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
celery	1 stalk	2 stalks
onion	1 (medium)	1 (large)
garlic	3 cloves	6 cloves
carrot	1	2
tomato	1	2
diced beef	1 packet	1 packet
plain flour*	1 tbs	2 tbs
herb & mushroom seasoning	1 sachet	2 sachets
beef-style stock powder	1 sachet (5g)	1 sachet (10g)
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
herbs	1 bag	1 bag

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2466kJ (589Cal)	379kJ (91Cal)
Protein (g)	36.2g	5.6g
Fat, total (g)	24.3g	3.7g
- saturated (g)	13.5g	2.1g
Carbohydrate (g)	56.1g	8.6g
- sugars (g)	22.8g	3.5g
Sodium (mg)	1160mg	178mg

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

2022 | CW29



1



Cook the beef & veggies

- Preheat oven to **200°C/180°C fan-forced**.
- Thinly slice **celery** and **onion**. Finely chop **garlic**. Roughly chop **carrot** and **tomato**.
- In medium bowl, combine **diced beef**, the **plain flour** and a pinch of **salt** and **pepper**.
- In a large ovenproof pot, heat a drizzle of **olive oil** over medium-high heat. Cook **celery** and **onion** until tender, **4-5 minutes**. Transfer to a bowl.
- Return pot to high heat with a generous drizzle of **olive oil** and cook **diced beef**, turning occasionally, until browned, **2-3 minutes**. Transfer to a plate.

TIP: If your pan is getting crowded, cook the beef in batches to ensure it browns and doesn't stew.

TIP: The flour will char slightly in the pan, this adds to the flavour!

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 until easily pierced with a fork, **12-15 minutes**. Drain and return potato to the pan.
- Add the **butter** and **milk** to potato and season generously with **salt**. Mash until smooth. Cover to keep warm.

Little cooks: Get those muscles working and help mash the potatoes!

2



Make the stew

- Return **celery** and **onion** to the pot.
- Add **garlic** and **herb & mushroom seasoning** and cook until fragrant, **1 minute**.
- Add **carrot**, **tomato**, **beef-style stock powder**, **red wine jus**, the **brown sugar**, **water** and **beef**. Season with **salt** and **pepper**, and stir to combine.
- Cover pot with lid or tightly with foil. Bake until beef is tender, **1 hour and 30 minutes**.

TIP: If you don't have an ovenproof pot, transfer mixture to a baking dish instead!

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 **herbs** to serve. Enjoy!

Little cooks: Kids can help tear over the herbs.

Rate your recipe

Our Culinary team is waiting for your feedback!

Let them know what you thought: hellofresh.co.nz/rate