

# Slow-Cooked Irish Beef Stew

with Potato Mash & Veggies

Grab your Meal Kit with this symbol















Carrot





Tomato

Herb & Mushroom Seasoning





Beef-Style Stock Powder

Potato







Herbs

Diced Beef



Red Wine Jus

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 will need

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

## Ingredients

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	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	1 sachet	1 sachet
powder	(5g)	(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	½ cup
herbs	1 bag	1 bag

<sup>\*</sup>Pantry Items

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2466kJ (589Cal)	<b>379kJ</b> (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

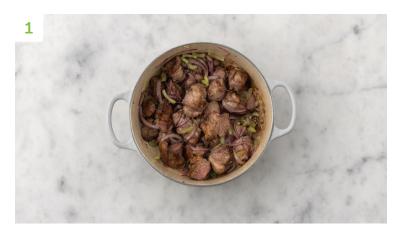
Always read product labels for the most up-to-date allergen information.

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



Scan here if you have any questions or concerns





## 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!



### 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!



#### Make the stew

- Return celery and onion to the pot.
- · Add garlic and herb & mushroom seasoning and cook until fragrant,
- 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.



## 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.

Our Culinary team is waiting for your feedback! Let them know what you thought: hellofresh.co.nz/rate