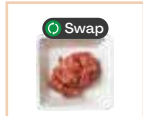




Quick Irish-Style Stew

with Garlic Crostini

Movie Night 30 Minutes



Ground Turkey
250 g | 500 g

Customized Protein

+ Add

Swap

or

x2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)



Ground Beef
250 g | 500 g



Mirepoix
113 g | 227 g



Red Potato
300 g | 600 g



Gravy Spice Blend
2 tbsp | 4 tbsp



Garlic, cloves
2 | 4



Parsley and Thyme
14 g | 14 g



Beef Broth Concentrate
2 | 4



Sandwich Bun
2 | 4



Soy Sauce
½ tbsp | 1 tbsp



Garlic Salt
1 tsp | 2 tsp



Green Peas
56 g | 113 g

Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information. *Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.*

Ingredient quantities 56 g | 113 g
2-serving 4-serving

Pantry items | Pepper, oil, unsalted butter, salt

Cooking utensils | 2x baking sheet, large bowl, large pot, measuring cups, measuring spoons, parchment paper, silicone brush, slotted spoon, small bowl

1



Roast potatoes

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

- Quarter **potatoes**.
- Add **potatoes** and **1 tbsp** (2 tbsp) **oil** to a parchment-lined baking sheet. Season with **half the garlic salt** and **pepper**, then toss to coat.
- Roast in the **middle** of the oven, until tender and golden-brown, 25-28 min.

2



Prep and cook beef

 **Swap** | **Ground Turkey**

- Meanwhile, strip **1 tbsp** (2 tbsp) **thyme leaves** from **stems**.
- Roughly chop **parsley**.
- Peel, then mince or grate **garlic**.
- Heat a large pot over medium-high heat.
- When the pot is hot, add **1 tsp** (2 tsp) **oil**, then **beef**.
- Cook, breaking up **beef** into smaller pieces, until no pink remains, 4-5 min.**
- Season with **salt** and **pepper**. Using a slotted spoon, transfer **beef** to a large bowl.
- Carefully discard **excess fat**.

3



Cook mirepoix

- Reduce heat to medium, then, to the same pot, add **1 tbsp** (2 tbsp) **butter**, **mirepoix**, **thyme**, **remaining garlic salt** and **half the garlic**.
- Cook, stirring occasionally, until **mirepoix** softens slightly, 3-4 min.
- Add **beef** and **any juices** from the bowl.
- Sprinkle **Gravy Spice Blend** over top.
- Cook, stirring often, until **veggies** and **beef** are coated, 1-2 min.

4



Cook stew

- Add **broth concentrate**, **soy sauce**, **peas** and **1 ½ cups** (3 cups) **water** to the pot.
- Season with **salt** and **pepper**, then stir to combine. Bring to a boil over high.
- Once boiling, reduce heat to medium-low.
- Cook, stirring occasionally, until **stew** thickens slightly and **veggies** are tender, 10-12 min. (TIP: If you prefer a looser stew, add an additional ¼ cup water at a time, until you reach the desired consistency.)

5



Make garlic crostini

- Meanwhile, combine **remaining garlic** and **1 tbsp** (2 tbsp) **oil** in a small bowl.
- Halve **buns**. Arrange on an unlined baking sheet, **cut-sides up**.
- Brush with **garlic oil**.
- Toast in the **top** of the oven, until light golden-brown, 5-6 min. (TIP: Keep an eye on buns so they don't burn.)

6



Finish and serve

- Add **roasted potatoes** to **stew**, then stir to combine.
- Divide **Irish-style stew** between bowls.
- Serve **garlic crostini** alongside.
- Sprinkle **parsley** over **stew** and **crostini**.

Measurements within steps | **1 tbsp** (2 tbsp) **oil**
2-serving 4-serving Ingredient

If you ordered 6 servings, triple the amounts in the 2-serving recipe. You may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues.

2 | Prep and cook turkey

 **Swap** | **Ground Turkey**

If you've opted to get **turkey**, add **1 tbsp** (2 tbsp) **oil** to the pan, then add **turkey**. Cook turkey in the same way the recipe instructs you to cook the **beef**.**

** Cook to a minimum internal temperature of 74°C/165°F.