



Carb Smart Pork and Mushroom Stew

with Crispy Shallots

Carb Smart

30 Minutes



Ground Pork



Crispy Shallots



Mushrooms



Soy Sauce



Chicken Broth Concentrate



All-Purpose Flour



Butternut Squash, cubes



Garlic, cloves



Ciabatta Roll



Parsley and Thyme



Mirepoix

HELLO THYME

This woody herb packs a fragrant and savoury punch!

Start here

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

Bust out

Baking sheet, measuring spoons, silicone brush, slotted spoon, large bowl, small bowl, measuring cups, large pot

Ingredients

| | 2 Person | 4 Person |
|---------------------------|----------|----------|
| Ground Pork | 250 g | 500 g |
| Crispy Shallots | 14 g | 28 g |
| Mushrooms | 113 g | 227 g |
| Soy Sauce | 1 tbsp | 2 tbsp |
| Chicken Broth Concentrate | 2 | 4 |
| All-Purpose Flour | 1 tbsp | 2 tbsp |
| Butternut Squash, cubes | 170 g | 340 g |
| Garlic, cloves | 2 | 4 |
| Ciabatta Roll | 1 | 2 |
| Parsley and Thyme | 21 g | 21 g |
| Mirepoix | 113 g | 227 |
| Unsalted Butter* | 1 tbsp | 2 tbsp |
| Oil* | | |
| Salt and Pepper* | | |

* Pantry items

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

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.

Contact

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Prep

- Roughly chop **parsley**.
- Peel, then mince or grate **garlic**.
- Strip **1 tbsp thyme leaves** (dbl for 4 ppl) from stems.
- Thinly slice **mushrooms**.



Finish stew

- Add **broth concentrates, soy sauce, squash** and **2 ½ cups water** (dbl for 4 ppl) to the pot. Season with **salt** and **pepper**.
- Bring to a boil over high heat. Once boiling, reduce heat to medium-low.
- Cook, stirring occasionally, until **stew** thickens slightly and **squash** is tender, 10-12 min. (**TIP:** Use 2 cups water (dbl for 4 ppl) if you prefer a heartier soup/stew!)



Cook pork

- Heat a large pot over medium-high heat.
- When hot, add **1 tsp oil** (dbl for 4 ppl), then **pork**. Cook, breaking up **pork** into smaller pieces, until no pink remains, 4-5 min. **
- Season with **salt** and **pepper**.
- Using a slotted spoon, transfer **pork** to a large bowl, reserving **fat** in the pot.



Make garlic toasties

- Meanwhile, combine **remaining garlic** and **1 tbsp oil** (dbl for 4 ppl) in a small bowl.
- Halve **ciabatta**, then cut into 2-inch-thick strips. Arrange on an unlined baking sheet, cut-side up. Brush with **garlic oil**.
- Toast in the **top** of the oven until lightly golden-brown, 5-6 min. (**TIP:** Keep an eye on the toasties so they don't burn!)



Start stew

- Reduce heat to medium, then add **1 tbsp butter** (dbl for 4 ppl), **mirepoix, mushrooms, thyme** and **half the garlic** to the same pot. Cook, stirring occasionally, until **veggies** soften slightly, 3-4 min.
- Add **pork** and **any juices** from the bowl.
- Sprinkle **flour** into the pot. Cook, stirring often, until **flour** coats **veggies and pork**, 1 min.



Finish and serve

- Divide **stew** between bowls, then top with **half the crispy shallots** (use all for 4 ppl).
- Serve **garlic toasties** alongside.
- Sprinkle **parsley** over **stew** and **garlic toasties**.

Dinner Solved!