



Quick Irish Stew

with Herb Garlic Crostini

35 Minutes



Ground Beef



Mirepoix



Red Potato



All-Purpose Flour



Garlic



Parsley and Thyme



Beef Broth Concentrate



Artisan Roll



Sherry Vinegar



Soy Sauce

Due to order volume, you may receive an equivalent ingredient substitution for this recipe. Follow the recipe instructions, as usual, using the ingredients that you have received.

Thank you for your understanding & happy cooking!

HELLO MIREPOIX

A mix of chopped onion, carrot and celery!

Start here

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

Bust Out

2 Baking sheets, measuring spoons, silicone brush, slotted spoon, large bowl, parchment paper, measuring cups, large pot, garlic press, small bowl

Ingredients

| | 2 Person | 4 Person |
|------------------------|----------|----------|
| Ground Beef | 250 g | 500 g |
| Mirepoix | 113 g | 227 g |
| Red Potato | 300 g | 600 g |
| All-Purpose Flour | 2 tbsp | 4 tbsp |
| Garlic | 6 g | 12 g |
| Parsley and Thyme | 14 g | 21 g |
| Beef Broth Concentrate | 2 | 4 |
| Artisan Roll | 2 | 4 |
| Sherry Vinegar | 1 tbsp | 2 tbsp |
| Soy Sauce | ½ tbsp | 1 tbsp |
| Unsalted Butter* | 1 tbsp | 2 tbsp |
| Oil* | | |
| Salt and Pepper* | | |

* Pantry items

** Cook to a minimum internal temperature of 71°C/160°F.

Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

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Roast potatoes

Cut **potatoes** into quarters. Toss **potatoes** with **1 tbsp oil** (dbl for 4ppl) on a parchment-lined baking sheet. Season with **salt** and **pepper**. Roast in the **middle** of the oven, until golden-brown, 25-28 min.



Prep & cook beef

While **potatoes** roast, strip **1 tbsp thyme leaves** (dbl for 4ppl) off stems. Roughly chop **parsley**. Peel, then mince or grate **garlic**. Heat a large pot over medium-high heat. When hot, add **1 tsp oil** (dbl for 4ppl), 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. Discard any **remaining beef fat** in the pot.



Cook mirepoix

Reduce heat to medium, then add **1 tbsp butter** (dbl for 4ppl), **mirepoix**, **thyme** and **half the garlic** to the same pot. Cook, stirring occasionally, until **mirepoix** softens slightly, 3-4 min. Add **beef** and any **juices** from the bowl. Sprinkle with **flour**. Cook, stirring often, until **flour** coats **veggies** and beef, 1-2 min.



Cook stew

Add **broth concentrates**, **1 tbsp vinegar**, **½ tbsp soy sauce** and **1 ½ cups water** (dbl all for 4ppl) to the pot. Season with **salt** and **pepper**. Bring to a boil over high heat. Once boiling, reduce heat to medium- low. Cook, stirring together, until **stew** thickens slightly and **veggies** are tender, 10-12 min.



Make garlic toast

While **stew** cooks, combine **remaining garlic** and **1 tbsp oil** (dbl for 4ppl) in a small bowl. Cut **each roll** in half lengthwise. Place **rolls** cut-side up on another baking sheet and brush with **garlic oil**. Toast in the **top** of the oven, until lightly golden-brown, 5-6 min. (**TIP:** Keep an eye on your toast so that it does not burn!)



Finish and serve

Add **roasted potatoes** to the **stew** and stir to combine. Divide **stew** between bowls. Serve with **garlic toast** alongside. Sprinkle **parsley** over both the **stew** and **garlic toasts**.

Dinner Solved!