



# 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



Soy Sauce

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, 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
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.*

## Contact

Share your photos #HelloFreshLife  
Call or email us | (855) 272-7002  
hello@hellofresh.ca  
HelloFresh.ca



## Roast potatoes

Cut **potatoes** into quarters. Toss **potatoes** with **1 tbsp oil** (dbl for 4 ppl) 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 and cook beef

While **potatoes** roast, strip **1 tbsp thyme leaves** (dbl for 4 ppl) 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 4 ppl), 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 4 ppl), **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**, **½ tbsp soy sauce** and **1 ½ cups water** (dbl both 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 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 4 ppl) in a small bowl. Cut **each roll** in half lengthwise. Place **rolls** cut-side 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. Sprinkle **parsley** over both the **stew** and **garlic toasts**. Serve with **garlic toast** alongside.

## Dinner Solved!