



Quick Irish-Style Stew

with Garlic Crostini

35 Minutes



Ground Beef



Mirepoix



Red Potato



Gravy Spice Blend



Garlic, cloves



Parsley and Thyme



Beef Broth Concentrate



Sub Roll



Soy Sauce



Garlic Salt



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HELLO MIREPOIX

A classic flavour base made up of carrots, celery and onions!

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, small bowl, measuring cups, large pot

Ingredients

| | 2 Person | 4 Person |
|------------------------|----------|----------|
| Ground Beef | 250 g | 500 g |
| Mirepoix | 113 g | 227 g |
| Red Potato | 360 g | 720 g |
| Gravy Spice Blend | 2 tbsp | 4 tbsp |
| Garlic, cloves | 2 | 4 |
| Parsley and Thyme | 14 g | 14 g |
| Beef Broth Concentrate | 2 | 4 |
| Sub Roll | 2 | 4 |
| Soy Sauce | ½ tbsp | 1 tbsp |
| Garlic Salt | 1 tsp | 2 tsp |
| 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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Roast potatoes

- Quarter **potatoes**.
- Add **potatoes** and **1 tbsp oil** (dbl for 4 ppl) 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.



Cook stew

- Add **broth concentrates, soy sauce** and **1 ½ cups water** (dbl for 4 ppl) 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; for 4 ppl, add ½ cup!)



Prep and cook beef

- Meanwhile, strip **1 tbsp thyme leaves** (dbl for 4 ppl) from 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.
- Carefully discard excess fat in the pot.



Make garlic crostini

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



Cook mirepoix

- Reduce heat to medium, then add **1 tbsp butter** (dbl for 4 ppl), **mirepoix, thyme, remaining garlic salt** 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 **Gravy Spice Blend** over top.
- Cook, stirring often, until **veggies and beef** are coated, 1-2 min.



Finish and serve

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

Dinner Solved!