



# Quick Irish-Style Stew

with Garlic Crostini

Family Friendly 30-40 Minutes



Ground Beef



Mirepoix



Red Potato



Gravy Spice Blend



Garlic, cloves



Parsley and Thyme



Beef Broth Concentrate



Sandwich Bun



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
Sandwich Bun	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 **buns**.
- Arrange **buns** on an unlined baking sheet, cut-side up.
- Brush with **garlic oil**.
- Toast **buns** in the **top** of the oven until light golden-brown, 5-6 min. (**TIP:** Keep an eye on buns 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!