



# Quick Irish-Style Stew

with Garlic Crostini

Family Friendly 30-40 Minutes



Issue with your meal?  
Scan the QR code to  
share your feedback.



- Ground Beef
- Ground Turkey
- Mirepoix
- Red Potato
- Gravy Spice Blend
- Garlic, cloves
- Parsley and Thyme
- Beef Broth Concentrate
- Sandwich Bun
- Soy Sauce
- Garlic Salt

### CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap your protein, simply follow the instructions on the back of this card and you're set.  
Happy cooking!

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.

Measurements within steps **1 tbsp** (2 person) **(2 tbsp)** (4 person) **oil** Ingredient

## 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    |
| Ground Turkey          | 250 g    | 500 g    |
| Mirepoix               | 113 g    | 227 g    |
| Red Potato             | 300 g    | 600 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 beef and turkey 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.



Issue with your meal?  
Scan the QR code to  
share your feedback.

1



### Roast potatoes

- Quarter **potatoes**.
- Add **potatoes** and **1 tbsp** (2 tbsp) **oil** 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.

2



### Prep and cook beef

- Meanwhile, strip **1 tbsp** (2 tbsp) **thyme leaves** from stems.
- Roughly chop **parsley**.
- Peel, then mince or grate **garlic**.
- Heat a large pot over medium-high heat.
- When hot, add **1 tsp** (2 tsp) **oil**, 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.

If you've opted to get **turkey**, prepare and cook it in the same way the recipe instructs you to prepare and cook the **beef**.\*\*

4



### Cook stew

- Add **broth concentrates**, **soy sauce** and **1 ½ cups** (3 cups) **water** 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 [½ cup] water!)

5



### Make garlic crostini

- Meanwhile, combine **remaining garlic** and **1 tbsp** (2 tbsp) **oil** in a small bowl.
- Halve **buns**. Arrange on an unlined baking sheet, cut-side up.
- Brush with **garlic oil**.
- Toast in the **top** of the oven, until light golden-brown, 5-6 min. (**TIP**: Keep an eye on buns so they don't burn!)

3



### Cook mirepoix

- Reduce heat to medium, then add **1 tbsp** (2 tbsp) **butter**, **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.

6



### Finish and serve

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

Dinner Solved!