



Quick Irish-Style Stew

with Garlic Crostini

35 Minutes



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!



Ground Beef



Ground Turkey



Mirepoix



Red Potato



Gravy Spice Blend



Garlic, cloves



Parsley and Thyme



Beef Broth Concentrate



Sub Roll



Soy Sauce



Garlic Salt

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, 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	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

Call or email us | (855) 272-7002

hello@hellofresh.ca

HelloFresh.ca

    @HelloFreshCA



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 golden-brown, 25-28 min.



Prep and cook beef

While **potatoes** roast, 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.



CUSTOM RECIPE

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



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.)



Make garlic crostini

While **stew** cooks, combine **remaining garlic** and **1 tbsp oil** (dbl for 4 ppl) in a small bowl. Halve **rolls**. 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 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!