

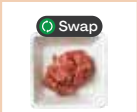


Carb Smart Manila-Style Beef Stew

with Jammy Eggs and Crispy Shallots

Smart Meal

20 Minutes



Ground Turkey
250 g | 500 g

Customized Protein

+ Add

Swap

or

x2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)



Ground Beef
250 g | 500 g



Egg
2 | 4



Mirepoix
113 g | 227 g



Russet Potato
1 | 2



Green Peas
56 g | 113 g



Tomato Sauce Base
4 tbsp | 8 tbsp



Fish Sauce
1 tbsp | 2 tbsp



Crispy Shallots
28 g | 56 g



Cream Sauce Spice Blend
1 tbsp | 2 tbsp



Soy Sauce
½ tbsp | 1 tbsp



Beef Broth Concentrate
2 | 4

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.*

Ingredient quantities **56 g** | **113 g**
2-serving | 4-serving

Pantry items | Salt, pepper, sugar, oil

Cooking utensils | Large pot, measuring cups, measuring spoons, medium pot, strainer, vegetable peeler

1



Cook eggs and start stew

- Before starting, add 5 cups warm water to a medium pot (use same for 4 servings).
 - Bring to a boil over high heat.
 - Wash and dry all produce.
- Using a spoon, lower **eggs** into the boiling water, then reduce heat to medium-high.
 - Cook for 7 min for a runny yolk or 9 min for a set yolk.**
 - When **eggs** are done, drain and rinse under cold water for 30 sec, until cool enough to peel. Set aside, still submerged in water.

2



Finish prep and start stew

- Meanwhile, heat a large pot over medium-high.
- While the pot heats, remove brown spots from **potato**, then peel and cut into ¼-inch pieces.
- When the pot is hot, add ½ **tbsp** (1 **tbsp**) **oil**, then **beef** and **mirepoix**.
- Cook for 4-5 min, breaking up **beef** into smaller pieces, until no pink remains.**

3



Finish stew

🔄 Swap | Ground Turkey

- Add **potatoes**, **Cream Sauce Spice Blend**, **beef broth concentrate**, **peas**, **tomato sauce base**, **fish sauce**, **soy sauce**, ¼ **tsp** (½ **tsp**) **sugar** and 1 ¾ **cups** (3 ½ **cups**) **water**. Stir to combine.
- Bring to a boil over high, then reduce heat to medium.
- Cover and cook for 8-12 min, stirring occasionally until **potatoes** are tender. (**TIP:** If you prefer a thicker stew, simmer without a lid for a few extra minutes. If you prefer a thinner stew, add additional water ¼ cup at a time.)

4



Peel eggs

- When **stew** is almost done, peel then halve **eggs**. Season with **salt** and **pepper**.

5



Finish and serve

- Season **stew** with **salt** and **pepper** to taste.
- Divide **stew** between bowls.
- Top with **eggs**.
- Sprinkle **crispy shallots** over top.

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

For 6 servings

If you ordered 6 servings, triple the amounts in the 2-serving recipe. You may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues.

3 | Finish stew

🔄 Swap | Ground Turkey

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

** Cook to a minimum internal temperature of 165°F.