



# Quick Irish-Style Stew

## with Garlic Crostini

Family Friendly 30-40 Minutes

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or

\*2 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 Turkey  
250 g | 500 g



Beyond Meat®  
2 | 4



Ground Beef  
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 | 21 g



Beef Broth Concentrate  
2 | 4



Sandwich Bun  
2 | 4



Soy Sauce  
1/2 tbsp | 1 tbsp



Garlic Salt  
1 tsp | 2 tsp



Green Peas  
113 g | 227 g



**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.

1



## Roast potatoes

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

- 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

Swap | **Ground Turkey**

Swap | **Beyond Meat®**

- 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.

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.

4



## Cook stew

- Add **broth concentrates**, **soy sauce**, **peas** 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!)

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**.

Measurements  
within steps

**1 tbsp** (2 tbsp) **oil**  
2 person 4 person Ingredient

## 2 | Prep and cook turkey

Swap | **Ground Turkey**

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

## 2 | Prep and cook Beyond Meat®

Swap | **Beyond Meat®**

If you've opted to get **Beyond Meat®**, prepare and cook it the same way as the **beef**, until crispy.\*\*

\*\* Cook beef, turkey and Beyond Meat® to a minimum internal temperature of 74°C/165°F.



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