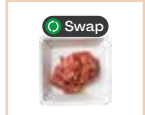




# Carb Smart Manila-Style Beef Stew

## with Jammy Eggs and Crispy Shallots

Smart Meal 20 Minutes



Ground Turkey  
250 g | 500 g

Customized Protein + Add Swap or \*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 Beef  
250 g | 500 g



Egg  
2 | 4



Mirepoix  
113 g | 227 g



Russet Potato  
1 | 2



Green Peas  
56 g | 113 g



Beef Stock Powder  
2 tbsp | 4 tbsp



Tomato Sauce Base  
4 tbsp | 8 tbsp



Fish Sauce  
1 tbsp | 2 tbsp



Soy Sauce  
1 tbsp | 2 tbsp



Crispy Shallots  
28 g | 56 g



Cream Sauce Spice Blend  
1 tbsp | 2 tbsp

**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.*

Pantry items | Oil, sugar, salt, pepper

Cooking utensils | Vegetable peeler, measuring cups, large pot

1



### Cook eggs and start stew

- Before starting, add 5 cups warm water to a medium pot (use same for 4 ppl).
- 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**.<sup>\*\*</sup>
- When **eggs** are done, drain and rinse under cold water for 30 sec, until cool enough to peel. Set aside, still submerged in **water**.

4



### Peel eggs

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

2



### Finish prep and start stew

Swap | Ground Turkey

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

5



### Finish and serve

- Divide **stew** between bowls.
- Top with **eggs**.
- Sprinkle **crispy shallots** over top.

3



### Finish stew

- Add **potatoes**, **Cream Sauce Spice Blend**, **beef stock powder**, **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 stirring occasionally until **potatoes** are tender, 8-10 min. (**TIP**: If you prefer a thicker stew, simmer without a lid for a few extra minutes, if desired. If you prefer a thinner stew, add additional water ¼ cup at a time, if desired.)

Measurements  
within steps

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

## 2 | Finish prep and start stew

Swap | Ground Turkey

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

<sup>\*\*</sup> Cook to a minimum internal temperature of 74°C/165°F.



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