



English-Style Beef Stew

with Roasted Potatoes

Family Friendly 30-40 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



Garlic, cloves



All-Purpose Flour



Yellow Potato



Soy Sauce



Green Peas



Tomato Sauce Base



Chicken Broth Concentrate



Mirepoix



Parsley and Thyme



Mushrooms

HELLO SOY SAUCE

The secret to adding oomph to stews!

Start here

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

Bust out

Baking sheet, medium bowl, measuring spoons, slotted spoon, parchment paper, measuring cups, large pot

Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Ground Turkey	250 g	500 g
Garlic, cloves	2	4
All-Purpose Flour	2 tbsp	4 tbsp
Yellow Potato	300 g	600 g
Soy Sauce	2 tbsp	4 tbsp
Green Peas	113 g	227 g
Tomato Sauce Base	2 tbsp	4 tbsp
Chicken Broth Concentrate	1	2
Mirepoix	113 g	227 g
Parsley and Thyme	14 g	14 g
Mushrooms	113 g	227 g
Unsalted Butter*	2 tbsp	4 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

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Roast potatoes

- Cut **potatoes** into ½-inch pieces.
- Add **potatoes** and **1 tbsp oil** (dbl for 4 ppl) to a parchment-lined baking sheet. Season with **salt** and **pepper**, then toss to coat.
- Roast **potatoes** in the **middle** of the oven, tossing halfway through, until golden-brown and tender, 25-28 min.



Start stew

- Add **2 tbsp butter** (dbl for 4 ppl) to the same pot, then **mirepoix, mushrooms, thyme** and **garlic**. Cook, stirring occasionally, until **mushrooms** soften slightly, 3-4 min.
- Add **soy sauce, tomato sauce base, beef** and **any juices** from the bowl. Stir to combine.
- Sprinkle **flour** over top. Cook, stirring often, until **flour** coats **veggies and beef**, 1-2 min.



Prep

- Meanwhile, quarter **mushrooms**.
- Roughly chop **parsley**.
- Peel, then mince or grate **garlic**.
- Strip **1 tbsp thyme leaves** (dbl for 4 ppl) from stems, then finely chop.



Finish stew

- Add **broth concentrate, peas** and **1 ½ cups water** (dbl for 4 ppl). Season with **salt** and **pepper**.
- Bring to a boil over high.
- Once boiling, reduce the heat to medium-low. Cook, stirring often, until **stew** thickens slightly, 4-6 min.



Cook beef

- 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 medium bowl.
- Carefully discard fat from the pot.

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



Finish and serve

- Add **roasted potatoes** to **stew**. Stir to combine.
- Divide **stew** between bowls.
- Sprinkle **parsley** over top.

Dinner Solved!