



Quick Irish-Style Stew

with Garlic Crostini

Family Friendly 30-40 Minutes

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)



 Swap	 Swap
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 14 g
 Beef Broth Concentrate 2 4	 Sandwich Bun 2 4
 Soy Sauce ½ tbsp 1 tbsp	 Garlic Salt 1 tsp 2 tsp
 Green Peas 56 g 113 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 the pot is 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****

2 | Prep and cook Beyond Meat®

Swap | **Beyond Meat®**

If you've opted to get **Beyond Meat®**, prepare, cook and plate it the same way as the **beef**, until cooked through, 5-6 min.**

** 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.