

HELLO Quick Irish-Style Stew with Garlic Crostini

Family Friendly 30-40 Minutes





Ground Turkey 250 g | 500 g

Beyond Meat® 2 4







250 g | 500 g



113 g | 227 g



Red Potato



300 g | 600 g





Garlic, cloves



Parsley and Thyme





Beef Broth Concentrate



2 | 4

2 4



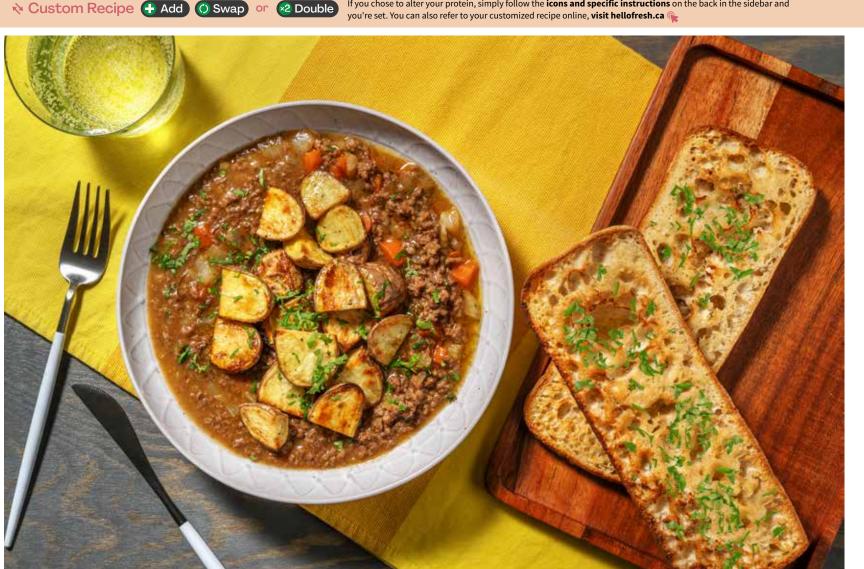
1/2 tbsp | 1 tbsp



1 tsp | 2 tsp



Green Peas 56 g | 113 g



If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and

Allengens 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. Cooking utensils | 2 Baking sheets, measuring spoons, silicone brush, slotted spoon, large bowl, parchment paper, small bowl, measuring cups, large pot



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.



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.



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.



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!)



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!)



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.



(2 tbsp) oil

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.**

1 tbsp

2 | Prep and cook Beyond Meat®

O Swap | Beyond Meat®

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

