



Hearty Beef & Spinach Stew

with Parmesan Mash

WINTER WARMERS

KID FRIENDLY

Grab your Meal Kit with this symbol



Potato



Shaved Parmesan Cheese



Garlic



Garlic & Herb Seasoning



Beef Strips



Soffritto Mix



Nan's Special Seasoning



Passata



Baby Spinach Leaves



Diced Bacon

Prep in: 20-30 mins
Ready in: 30-40 mins



Carb Smart*

*Custom Recipe is not Carb Smart

There is a load of flavour packed into this hearty stew. With passata as the base, hidden veggies and not one, but two stunning seasonings, this stew is truly the 'piece de resistance' and makes the perfect partner for the fluffy Parmesan mash!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Butter, Milk, Brown Sugar

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Medium saucepan with a lid · Large saucepan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
butter*	40g	80g
milk*	2 tbs	¼ cup
shaved Parmesan cheese	1 packet (52g)	2 packets (104g)
garlic	2 cloves	4 cloves
garlic & herb seasoning	1 medium sachet	1 large sachet
beef strips	1 small packet	2 small packets OR 1 large packet
soffritto mix	1 medium bag	1 large bag
Nan's special seasoning	1 medium sachet	1 large sachet
passata	1 box	2 boxes
water*	½ cup	1 cup
brown sugar*	½ tsp	1 tsp
baby spinach leaves	1 medium bag	1 large bag
diced bacon**	1 packet (90g)	1 packet (180g)

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2695kJ (644Cal)	454kJ (109Cal)
Protein (g)	46.6g	7.8g
Fat, total (g)	31.7g	5.3g
- saturated (g)	19.4g	3.3g
Carbohydrate (g)	39.7g	6.7g
- sugars (g)	14.2g	2.4g
Sodium (mg)	1425mg	240mg
Dietary Fibre (g)	9g	1.5g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3083kJ (737Cal)	483kJ (115Cal)
Protein (g)	53.5g	8.4g
Fat, total (g)	38.5g	6g
- saturated (g)	21.9g	3.4g
Carbohydrate (g)	40.4g	6.3g
- sugars (g)	14.7g	2.3g
Sodium (mg)	1855mg	290mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns



Make the Parmesan mash

- Boil the kettle.
- Half-fill a medium saucepan with boiling water, then add a generous pinch of **salt**.
- Peel **potato** and cut into large chunks.
- Cook **potato** in the boiling water, over high heat, until easily pierced with a fork, **12-15 minutes**. Drain and return to pan.
- Add the **butter**, the **milk** and half the **shaved Parmesan cheese**. Mash until smooth. Cover to keep warm.

TIP: Save time and get more fibre by leaving the potato unpeeled!



Start the stew

- Wipe out saucepan and return to medium-high heat with a drizzle of **olive oil**.
- Cook **soffritto mix**, stirring occasionally, until softened, **4-5 minutes**.
- In the **last minute** of cook time, add **garlic** and **Nan's special seasoning** and cook until fragrant.

Custom Recipe: If you've added diced bacon, before cooking the soffritto mix, heat pan as above. Cook diced bacon, breaking up bacon with a spoon, until slightly golden, 2-4 minutes. Continue as above (keep bacon in the pan!).



Get prepped

- Meanwhile, finely chop **garlic**.
- In a medium bowl, combine **garlic & herb seasoning**, a drizzle of **olive oil** and a pinch of **pepper**. Add **beef strips**, then toss to coat.

Little cooks: Take charge by combining the beef with the seasoning!



Finish the stew

- To saucepan, stir in **passata**, the **water** and the **brown sugar**. Cook until slightly reduced, **2-3 minutes**.
- Add **baby spinach leaves** and return **cooked beef** to the saucepan, stirring until combined, **1 minute**.
- Season to taste.



Cook the beef

- Meanwhile, in a large saucepan, heat a drizzle of **olive oil** over high heat.
- When oil is hot, cook **beef strips**, in batches, tossing, until browned and cooked through, **1-2 minutes**. Transfer to a plate.

TIP: Cooking the meat in batches over high heat helps it stay tender.



Serve up

- Divide Parmesan mash and hearty beef and spinach stew between bowls.
- Sprinkle over remaining shaved Parmesan cheese to serve. Enjoy!

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