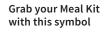


Hearty Beef & Spinach Stew with Parmesan Mash

WINTER WARMERS

KID FRIENDLY









Potato

Shaved Parmesan

Cheese





Garlic & Herb Seasoning





Soffritto Mix

Beef Strips



Nan's Special



Seasoning



Baby Spinach Leaves





*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

| ingi calcino | | | |
|-------------------|---|--|--|
| 2 People | 4 People | | |
| refer to method | refer to method | | |
| 2 | 4 | | |
| 40g | 80g | | |
| 2 tbs | 1/4 cup | | |
| 1 packet (52g) | 2 packets (104g) | | |
| 2 cloves | 4 cloves | | |
| 1 medium sachet | 1 large sachet | | |
| 1 small packet | 2 small packets OR 1 large packet | | |
| 1 medium bag | 1 large bag | | |
| 1 medium sachet | 1 large sachet | | |
| 1 box | 2 boxes | | |
| ½ cup | 1 cup | | |
| ½ tsp | 1 tsp | | |
| 1 medium bag | 1 large bag | | |
| 1 packet (90g) | 1 packet (180g) | | |
| | refer to method 2 40g 2 tbs 1 packet (52g) 2 cloves 1 medium sachet 1 small packet 1 medium bag 1 medium sachet 1 box ½ cup ½ tsp 1 medium bag 1 packet | | |

^{*}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 |
| 0 . 5 . | | |

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!



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!



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.



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!).



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.



Serve up

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

Rate your recipe

Did we make your tastebuds happy? Let our culinary team know: hellofresh.com.au/rate