

Creamy French Onion Beef & Mushroom Stew

with Garlic Parmesan Mash & Cucumber-Rocket Salad

TASTE TOURS

Grab your meal kit with this number

38



Potato



Brown Onion



Cucumber



Thyme



Slow-Cooked Beef Brisket



Sliced Mushrooms



Herb & Mushroom Seasoning



Gravy Granules



Light Cooking Cream



Garlic Paste



Parmesan Cheese



Spinach & Rocket Mix



Balsamic Vinaigrette Dressing



Flaked Almonds

Prep in: 40-50 mins
Ready in: 40-50 mins

 Eat Me First

There is a load of flavour packed into this hearty stew. With slow-cooked beef brisket as the base, flavourful veggies and a saucy gravy, this stew is truly the 'piece de resistance' and makes the perfect base for the fluffy Parmesan mash!

Pantry items

Olive Oil, Butter, Milk

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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 · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
brown onion	1	2
cucumber	1	2
thyme	1 packet	1 packet
slow-cooked beef brisket	1 medium packet	2 medium packets OR 1 large packet
sliced mushrooms	1 medium packet	1 large packet
herb & mushroom seasoning	1 sachet	2 sachets
gravy granules	1 medium sachet	1 large sachet
water*	¾ cup	1½ cups
light cooking cream	1 medium packet	1 large packet
butter*	40g	80g
garlic paste	1 packet	2 packets
milk*	2 tbs	¼ cup
Parmesan cheese	1 medium packet	1 large packet
spinach & rocket mix	1 small packet	1 medium packet
balsamic vinaigrette dressing	1 packet	2 packets
flaked almonds	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3948kJ (944Cal)	503kJ (120Cal)
Protein (g)	49.7g	6.3g
Fat, total (g)	61.6g	7.8g
- saturated (g)	30.4g	3.9g
Carbohydrate (g)	46.5g	5.9g
- sugars (g)	19.4g	2.5g
Sodium (mg)	1958mg	249mg
Dietary Fibre (g)	13.6g	1.7g

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.

1



Start 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 transfer to a bowl.

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

4



Make it saucy

- Stir in **gravy granules**, the **water** and **light cooking cream**, until slightly thickened, **2-3 minutes**. Season to taste.

2



Get prepped

- While the potato is cooking, thinly slice **olive brown onion**.
- Thinly slice **cucumber** into rounds.
- Pick **thyme** (see ingredients) leaves.
- Transfer **slow-cooked beef brisket** including the liquid to a bowl and shred with 2 forks.

5



Finish the Parmesan mash

- Meanwhile, return saucepan to medium-high heat with the **butter** and a drizzle of **olive oil**.
- Cook **garlic paste** until fragrant, **1 minute**.
- Remove saucepan from heat. Return **potatoes** to pan and add the **milk** and **Parmesan cheese**. Season generously with **salt** and mash until smooth.
- In a medium bowl, combine **cucumber**, **spinach & rocket mix** and **balsamic vinaigrette dressing**. Season.

3



Cook the beef brisket

- In a large frying pan, heat a drizzle of **olive oil** over high heat. Cook **onion** and **sliced mushrooms**, stirring, until browned and softened, **4-6 minutes**.
- Add **shredded beef** and cook, stirring, until heated through and liquid has evaporated, **4-5 minutes**.
- Reduce heat to medium-high, then add **herb & mushroom seasoning** and **thyme** and cook until fragrant, **1 minute**.

6



Serve up

- Bring everything to the table.
- Serve creamy French onion beef and mushroom stew with garlic Parmesan mash and cucumber-rocket salad.
- Sprinkle **flaked almonds** over salad to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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