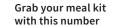


Creamy French Onion Beef & Mushroom Stew

with Garlic Parmesan Mash & Cucumber-Rocket Salad

TASTE TOURS













Potato

Brown Onion



Cucumber





Slow-Cooked



Beef Brisket

Sliced Mushrooms



Herb & Mushroom Seasoning





Light Cooking



Gravy Granules

Garlic Paste





Parmesan Cheese



Balsamic Vinaigrette Dressing



Flaked Almonds

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



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

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*	3⁄4 cup	1½ cups	
light cooking cream	1 medium packet	1 large packet	
butter*	40g	80g	
garlic paste	1 packet	2 packets	
milk*	2 tbs	½ 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 alle

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



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!



Get prepped

- While the potato is cooking, thinly slice **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.



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.



Make it saucy

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



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.



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!



