



Mushroom Gravy Beef & Mash

with Garlic Veggies & Rosemary

KID FRIENDLY

Grab your Meal Kit with this symbol



Potato



Silverbeet



Carrot



Portabello Mushrooms



Garlic



Rosemary



Gravy Granules



Beef Strips



Seasoning Blend



Chicken Breast

Prep in: 25-35 mins
Ready in: 30-40 mins

Eat Me Early*
*Custom Recipe only

There's no reason you can't be fanciful and cosy simultaneously. May we present, beef strips drizzled in an aromatic mushroom gravy with rosemary on top for an extra flourish. The fluffy, golden mash brings in the comfort factor. So feel like you're dining at a five-star restaurant in the comfort of your own home and slippers.

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

Pantry items

Olive Oil, Butter, Milk

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

Large saucepan with a lid · Large frying pan

Ingredients

| | 2 People | 4 People |
|-----------------------------------|-----------------|----------------------------|
| olive oil* | refer to method | refer to method |
| potato | 2 | 4 |
| butter* (for the mash) | 40g | 80g |
| milk* | 2 tbs | ¼ cup |
| silverbeet | 1 bag | 2 bags |
| carrot | 1 | 2 |
| portabello mushrooms | 1 packet | 1 packet |
| garlic | 3 cloves | 6 cloves |
| rosemary | 1 stick | 2 sticks |
| gravy granules | 1 packet | 2 packets |
| boiling water* | ½ cup | 1 cup |
| beef strips | 1 packet | 1 packet (or 2 packets) |
| seasoning blend | ½ sachet | 1 sachet |
| butter* (for the sauce) | 20g | 40g |
| chicken breast** | 1 packet | 1 packet |

*Pantry Items **Custom Recipe Ingredient

Nutrition

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 2907kJ (695Cal) | 452kJ (108Cal) |
| Protein (g) | 38.5g | 6g |
| Fat, total (g) | 39.1g | 6.1g |
| - saturated (g) | 20.6g | 3.2g |
| Carbohydrate (g) | 45.3g | 7.1g |
| - sugars (g) | 18.1g | 2.8g |
| Sodium (mg) | 1279mg | 199mg |

Custom Recipe

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 2869kJ (686Cal) | 423kJ (101Cal) |
| Protein (g) | 42.2g | 6.2g |
| Fat, total (g) | 36.4g | 5.4g |
| - saturated (g) | 18.9g | 2.8g |
| Carbohydrate (g) | 45.3g | 6.7g |
| - sugars (g) | 18.1g | 2.7g |
| Sodium (mg) | 1327mg | 196mg |

The quantities provided above are averages only.

Allergens

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

Visit hellofresh.co.nz/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

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1



Make the mash

- Boil the kettle. Half-fill a large 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 the pan.
- Add **butter (for the mash)** and the **milk** to the **potato** and season with **salt**. Mash until smooth. Cover to keep warm.

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

Little cooks: Get those muscles working and help mash the potatoes!

4



Cook the beef & mushrooms

- Return the frying pan to high heat with a drizzle of **olive oil**.
- When oil is hot, cook **mushrooms** until softened, **2-3 minutes**.
- Add **beef strips** and cook, tossing until browned, **1-2 minutes**.

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

Custom Recipe: Return frying pan to same heat as above. Cook chicken with mushrooms, tossing occasionally, until browned and cooked through, 5-6 minutes.

2



Get prepped

- Roughly chop **silverbeet**. Slice **carrot** into thin sticks. Thinly slice **portabello mushrooms**.
- Peel **potato** and cut into large chunks. Finely chop **garlic**. Pick **rosemary** (see **ingredients**) and finely chop.
- In a medium heatproof bowl, combine **gravy granules** and the **boiling water** (½ cup for 2 people / 1 cup for 4 people), whisking, until smooth, **1 minute**. Set aside.
- Discard any liquid from **beef strips** packaging. In a second medium bowl, combine **beef strips**, **seasoning blend** (see **ingredients**) and a drizzle of **olive oil**.

Custom Recipe: If you've swapped to chicken breast, cut chicken breast into 2cm chunks. Season in the same way as the beef.

5



Add the gravy

- Add the **butter (for the sauce)**, **rosemary** and remaining **garlic** and cook until fragrant, **1-2 minutes**.
- Remove pan from heat, add **gravy** and toss to coat, **1 minute**.

3



Cook the veggies

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **carrot** until tender, **4-5 minutes**.
- Add **silverbeet** and half the **garlic** and cook until tender and fragrant, **3-4 minutes**.
- Transfer to a bowl and cover to keep warm.

6



Serve up

- Divide mushroom gravy beef, mash and garlic veggies between plates. Enjoy!

Rate your recipe

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