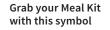


Mushroom Gravy Beef & Mash

with Garlic Veggies & Rosemary

KID FRIENDLY

















Carrot

Portabello Mushrooms













Gravy Granules

Beef Strips



Seasoning Blend





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

Eat Me Early*

*Custom Position *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.

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

	ingi caicitts			
2 People	4 People			
refer to method	refer to method			
2	4			
40g	80g			
2 tbs	1/4 cup			
1 bag	2 bags			
1	2			
1 packet	1 packet			
3 cloves	6 cloves			
1 stick	2 sticks			
1 packet	2 packets			
½ cup	1 cup			
1 packet	1 packet (or 2 packets)			
½ sachet	1 sachet			
20g	40g			
1 packet	1 packet			
	refer to method 2 40g 2 tbs 1 bag 1 1 packet 3 cloves 1 stick 1 packet ½ cup 1 packet ½ sachet 20g			

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Per Serving	Per 100g
2907kJ (695Cal)	452kJ (108Cal)
38.5g	6g
39.1g	6.1g
20.6g	3.2g
45.3g	7.1g
18.1g	2.8g
1279mg	199mg
	2907kJ (695Cal) 38.5g 39.1g 20.6g 45.3g 18.1g

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

2023 | CW27



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!



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.



Get prepped

- Roughly chop silverbeet. Slice carrot into thin sticks. Thinly slice portabello mushrooms.
 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.



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.



Add the gravu

- 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.



Serve up

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



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

