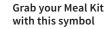


# One-Pot Italian Beef & Risoni Stew

with Parmesan

KID FRIENDLY

















Tinned Cherry



Beef-Style Stock

Tomatoes





Cheese







If you're tossing up between having rice or pasta for dinner, may we offer you the perfect solution - risoni! Stir this risoni through beef and veggies in a saucy stew and it's a guarantee everyone at the table will have smiles on their faces.



Olive Oil, Brown Sugar, Butter

# 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

# **Inaredients**

	2 People	4 People
olive oil*	refer to method	refer to method
beef mince	1 packet	1 packet (or 2 packets)
soffritto mix	1 packet (150g)	1 packet (300g)
garlic paste	1 medium packet	1 large packet
Aussie spice blend	1 medium sachet	1 large sachet
tinned cherry tomatoes	1 tin	2 tins
beef-style stock powder	1 large sachet	2 large sachets
boiling water*	2 cups	4 cups
risoni	1 packet	1 packet
brown sugar*	1 tsp	2 tsp
butter*	20g	40g
grated Parmesan cheese	1 medium packet	1 large packet
parsley	1 bag	1 bag
mild chorizo**	1 packet	2 packets

<sup>\*</sup>Pantry Items \*\*Custom Recipe Ingredient

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2839kJ (679Cal)	577kJ (138Cal)
Protein (g)	43.1g	8.8g
Fat, total (g)	30.8g	6.3g
- saturated (g)	15.9g	3.2g
Carbohydrate (g)	49.8g	10.1g
- sugars (g)	13.5g	2.7g
Sodium (mg)	1797mg	365mg

#### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	<b>4119kJ</b> (984Cal)	<b>696kJ</b> (166Cal)
Protein (g)	61.2g	10.3g
Fat, total (g)	56.1g	9.5g
- saturated (g)	25.6g	4.3g
Carbohydrate (g)	51.8g	8.8g
- sugars (g)	13.5g	2.3g
Sodium (mg)	2687mg	454mg

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 | CW29



# Cook the beef

- · Boil the kettle.
- In a large saucepan, heat a drizzle of **olive oil** over medium-high heat. Cook **beef mince**, breaking up with a spoon, until just browned, **4-5 minutes**.

**Custom Recipe:** If you've added chorizo, cut mild chorizo into 1cm chunks. Add chorizo to the saucepan with the beef and cook, breaking up with a spoon, until browned 4-6 minutes.



### Make the stew

- Add soffritto mix and cook until tender, 4-5 minutes.
- Add garlic paste and Aussie spice blend and cook until fragrant, 1 minute.
- Add tinned cherry tomatoes and lightly crush with a spoon. Add beef-style **stock powder** and the **boiling water** (2 cups for 2 people / 4 cups for 4 people), then bring to the boil.



### Cook the risoni

- Add **risoni** and cook, simmering, until 'al dente', **7-10 minutes**.
- Remove from heat, then stir through the **brown sugar** and **butter**. Season to taste.

TIP: Add a splash of water if the stew looks dry.



# Serve up

- Divide one-pot Italian beef and risoni stew between bowls.
- Sprinkle with grated Parmesan cheese and tear over parsley leaves to serve. Enjoy!

**Little cooks:** Add the finishing touch by sprinkling the cheese on top.



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