



One-Pot Italian Beef & Risoni Stew

with Parmesan

KID FRIENDLY



Grab your Meal Kit with this symbol



Beef Mince



Soffritto Mix



Garlic Paste



Aussie Spice Blend



Tinned Cherry Tomatoes



Beef-Style Stock Powder



Risoni



Grated Parmesan Cheese



Parsley



Mild Chorizo

Prep in: 15-25 mins
Ready in: 25-35 mins

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.

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

Pantry items

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

Ingredients

	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

*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)	4119kJ (984Cal)	696kJ (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



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1



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.

3



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.

2



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.

4



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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