



Hearty Beef & Capsicum Goulash

with Leafy Rice & Parsley

NEW

Grab your Meal Kit with this symbol



Capsicum



Diced Beef



Nan's Special Seasoning



Tomato Paste



Soffritto Mix



Beef-Style Stock Powder



Basmati Rice



Baby Leaves



Parsley



Diced Chicken

Prep in: 15-25 mins

Ready in: 1 hr 15 mins-1 hr 25 mins



Calorie Smart



Eat Me Early*

*Custom Recipe only

No matter the weather, a hearty beef goulash will go down a treat. Enjoy it with fluffy rice to soak up all the sauce, and baby leaves stirred through for a pop of brightness and colour. It's a warm, comforting hug in a bowl!

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

Pantry items

Olive Oil, Plain Flour, Brown Sugar

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 ovenproof saucepan with a lid · Medium saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
capsicum	1	2
diced beef	1 medium packet	2 medium packets OR 1 large packet
plain flour*	1 tbs	2 tbs
Nan's special seasoning	1 medium sachet	1 large sachet
tomato paste	1 packet	2 packets
soffritto mix	1 packet (150g)	1 packet (300g)
beef-style stock powder	1 medium sachet	1 large sachet
brown sugar*	1 tsp	2 tsp
boiling water*	2 cups	4 cups
basmati rice	1 packet	1 packet
baby leaves	1 small bag	1 medium bag
parsley	1 bag	1 bag
diced chicken**	1 medium packet	2 medium packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2286kJ (546Cal)	560kJ (134Cal)
Protein (g)	36.1g	8.8g
Fat, total (g)	7.7g	1.9g
- saturated (g)	2.7g	0.7g
Carbohydrate (g)	78.4g	19.2g
- sugars (g)	13.1g	3.2g
Sodium (mg)	1062mg	260mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2234kJ (534Cal)	516kJ (123Cal)
Protein (g)	42.2g	9.7g
Fat, total (g)	3.3g	0.8g
- saturated (g)	1.1g	0.3g
Carbohydrate (g)	79.2g	18.3g
- sugars (g)	13.9g	3.2g
Sodium (mg)	1071mg	247mg

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

2024 | CW12



1



Get prepped

- Preheat oven to **200°C/180°C fan-forced**. Boil the kettle. Cut **capsicum** into bite-sized chunks.
- In a medium bowl, combine **diced beef**, the **plain flour** and a pinch of **salt** and **pepper**.
- In a large ovenproof saucepan or pot, heat a generous drizzle of **olive oil** over medium-high heat. When oil is hot, cook **diced beef** in batches, tossing once, until browned and just cooked through, **5-6 minutes**.

TIP: Cooking the beef in batches ensures it browns nicely and doesn't stew.

Custom Recipe: If you've swapped to diced chicken, combine with the plain flour as above. Heat saucepan or pot as above. When oil is hot, cook chicken, tossing occasionally, until browned and cooked through (when no longer pink inside), 5-6 minutes.

3



Make the rapid rice

- When the stew has **20 minutes** remaining, reboil the kettle. Half-fill a medium saucepan with boiling water.
- Add **basmati rice** and a pinch of **salt** and cook, uncovered, over high heat until tender, **12 minutes**.
- Drain, stir through **baby leaves** and set aside.

2



Bake the stew

- Add **Nan's special seasoning** and **tomato paste** and cook until fragrant, **1-2 minutes**.
- Add **capsicum**, **soffritto mix**, **beef-style stock powder**, the **brown sugar** and the **boiling water** (2 cups for 2 people / 4 cups for 4 people). Season generously with **salt** and **pepper**. Stir to combine.
- Cover saucepan with a lid (or foil). Bake until beef is tender, **50-60 minutes**.

TIP: If you don't have an ovenproof saucepan, transfer mixture to a baking dish instead!

4



Serve up

- Divide leafy rice between bowls. Top with beef and capsicum goulash.
- Tear over **parsley** to serve. Enjoy!

Rate your recipe

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