



Mediterranean Tender Beef & Fusilli Stew

with Pre-Cut Veggies & Parsley

SLOW-COOKER FRIENDLY

MEDITERRANEAN

CLIMATE SUPERSTAR

Grab your meal kit with this number

32



Recipe Update

We've replaced the risoni in this recipe with fusilli due to local ingredient availability. It'll be just as delicious, just follow your recipe card!



Beef Chuck Roll



Soffritto Mix



Garlic & Herb Seasoning



Kiwi Spice Blend



Diced Tomatoes With Garlic & Onion



Fusilli



Baby Leaves



Parsley



Diced Bacon



Grated Parmesan Cheese

Prep in: 15-25 mins
Ready in: 4-5 hours

Protein Rich

Calorie Smart

We love a slow cooker dish - just throw in your ingredients, and come back later to a meal that is sure to be warm, hearty and comforting. This one involves a rich beef ragu with fusilli to keep you satisfied. We can't wait to dig in!

Pantry items

Olive Oil, Plain Flour, Brown Sugar

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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 · Slow cooker or large ovenproof saucepan with a lid

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
beef chuck roll	1 medium packet	2 medium packets OR 1 large packet
plain flour*	1 tbs	2 tbs
soffritto mix	1 medium packet	1 large packet
garlic & herb seasoning	1 medium sachet	1 large sachet
Kiwi spice blend	1 sachet	2 sachets
diced tomatoes with garlic & onion	1 packet	2 packets
brown sugar*	1 tsp	2 tsp
boiling water*	2 cups	4 cups
fusilli	1 medium packet	2 medium packets
baby leaves	1 small packet	1 medium packet
parsley	1 packet	1 packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2516kJ (601Cal)	484kJ (116Cal)
Protein (g)	42.2g	8.1g
Fat, total (g)	19.3g	3.7g
- saturated (g)	8g	1.5g
Carbohydrate (g)	59.4g	11.4g
- sugars (g)	18.7g	3.6g
Sodium (mg)	1786mg	344mg
Dietary Fibre (g)	8g	1.5g

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 | CW32



Get prepped

- Cut **beef chuck** into 3cm chunks.
- In a medium bowl, combine **beef**, the **plain flour** and a generous pinch of **salt** and **pepper**.
- In a large saucepan, heat a generous drizzle of **olive oil** over high heat. Cook **beef**, turning occasionally, until browned, **2-3 minutes**. Transfer to slow cooker.

TIP: The flour will char slightly in the pan, this adds to the flavour.

TIP: No slow cooker? Cook beef in a large ovenproof saucepan instead, and transfer to a plate before step 2.



Cook the fusilli

- In the last **15 minutes** of cook time, wash and dry the saucepan.
- Return saucepan to high heat. Half-fill with **water** and add a generous pinch of **salt**, then bring to the boil.
- Cook **fusilli** in boiling water until 'al dente', **12 minutes**. Drain, then return to saucepan.

CUSTOM OPTIONS

+ ADD DICED BACON

In a large frying pan, cook with a drizzle of olive oil until browned, 4-5 minutes. Stir through before serving.

+ ADD GRATED PARMESAN CHEESE

Sprinkle on top before serving.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.



Make the stew

- Return the saucepan to medium-high heat with a drizzle of **olive oil**. Cook **soffritto mix**, stirring, until tender, **4-5 minutes**.
- Add **garlic & herb seasoning** and **Kiwi spice blend** and cook until fragrant, **1-2 minutes**.
- Add **diced tomatoes**, the **brown sugar** and the **boiling water**, and stir to combine. Transfer to slow cooker and set cooking temperature to high. Place lid on slow cooker and cook until beef is tender, **4-5 hours**.

TIP: No slow cooker? Preheat oven to 200°C/180°C fan-forced. Return beef to pan and cover tightly with a lid (or foil). Bake until beef is tender, 50-60 minutes.



Serve up

- When stew is done, add cooked fusilli and **baby leaves**, and stir through until leaves are wilted. Season to taste.
- Divide Mediterranean tender beef and fusilli stew between bowls.
- Tear over **parsley** to serve. Enjoy!