



# Irish Beef & Red Wine Stew

with Potato Mash & Parsley

FAST & FANCY

Grab your meal kit  
with this number

37



Potato



Tomato



Slow-Cooked  
Beef Brisket



Soffritto Mix



Garlic & Herb  
Seasoning



Beef-Style  
Stock Powder



Red Wine  
Jus




Baby Leaves



Parsley

Prep in: 15-25 mins  
Ready in: 30-40 mins

 Protein Rich

Indulge in this premium dining experience where we've done all the hard work for you! Beef and veggies are stewed in a red wine sauce until meltingly tender, and are perfectly complimented with a classic potato mash. This comforting embrace of flavours invites you to savour each spoonful in cozy delight.

### Pantry items

Olive Oil, Butter, Milk, 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 · Large frying pan or pot

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
potato	2	4
<b>butter*</b>	40g	80g
<b>milk*</b>	2 tbs	¼ cup
tomato	1	2
slow-cooked beef brisket	1 medium packet	2 medium packets OR 1 large packet
soffritto mix	1 medium packet	1 large packet
garlic & herb seasoning	1 medium sachet	1 large sachet
beef-style stock powder	1 medium sachet	1 large sachet
red wine jus	1 medium packet	1 large packet
<b>brown sugar*</b>	1 tsp	2 tsp
<b>water*</b>	½ cup	1 cup
baby leaves	1 small packet	1 medium packet
parsley	1 packet	1 packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3034kJ (725cal)	318kJ (76cal)
Protein (g)	30g	3.1g
Fat, total (g)	46.6g	4.9g
- saturated (g)	19g	2g
Carbohydrate (g)	45.2g	4.7g
- sugars (g)	23.2g	2.4g
Sodium (mg)	1575mg	164.9mg
Dietary Fibre (g)	6.2g	0.6g

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](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



## Make the mash

- Boil the kettle.
- Cut **potato** into large chunks.
- Half-fill a large saucepan with boiling water and add a generous pinch of **salt**. 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 the **butter** and **milk** to **potato** and season with **salt**. Mash until smooth. Cover to keep warm.

**TIP:** Save time and get more fibre by leaving the potato unpeeled.

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## Finish the stew

- Add **garlic & herb seasoning** to the **beef** and cook until fragrant, **1 minute**.
- Add **beef-style stock powder**, **red wine jus**, the **brown sugar** and **water**. Stir to combine and simmer until slightly reduced, **2-3 minutes**.
- Remove pan from heat, add **baby leaves** and stir until wilted. Season with **salt** and **pepper**.

2



## Start the stew

- Meanwhile, roughly chop **tomato**.
- Roughly chop **slow-cooked beef brisket**.
- Heat a large frying pan or pot over high heat with a drizzle of **olive oil**. Cook **soffritto mix**, **tomato** and **beef**, stirring, until tender, **5-6 minutes**.

4



## Serve up

- Divide potato mash between bowls.
- Top with Irish beef and red wine stew.
- Tear over **parsley** to serve. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns



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