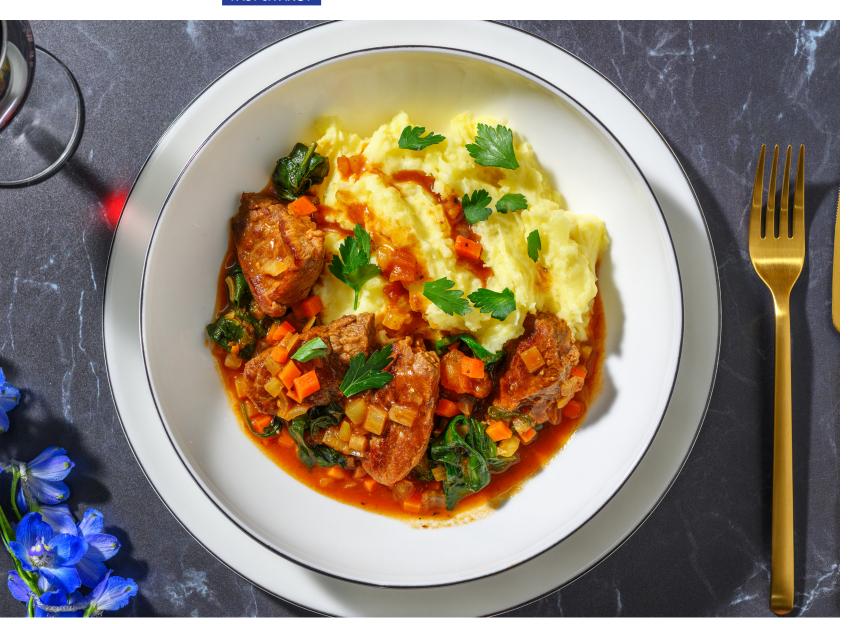
with Potato Mash & Parsley

FAST & FANCY







Potato



Slow-Cooked Beef Brisket

Soffritto Mix





Garlic & Herb Seasoning

Beef-Style Stock Powder







Baby Leaves



Parsley

Pantry items

Olive Oil, Butter, Milk, Brown Sugar

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



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.

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
refer to method	refer to method
2	4
40g	80g
2 tbs	1/4 cup
1	2
1 medium packet	2 medium packets OR 1 large packet
1 medium packet	1 large packet
1 medium sachet	1 large sachet
1 medium sachet	1 large sachet
1 medium packet	1 large packet
1 tsp	2 tsp
½ cup	1 cup
1 small packet	1 medium packet
1 packet	1 packet
	refer to method 2 40g 2 tbs 1 1 medium packet 1 medium sachet 1 medium sachet 1 medium packet 1 medium packet 1 medium packet 1 sp ½ cup 1 small 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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



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.



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.



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.



Serve up

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



Rate your recipe