



Irish Beef Brisket & 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 with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
butter*	40g	80g
milk*	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
brown sugar*	1 tsp	2 tsp
water*	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 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 the 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.

3



Finish the stew

- To the beef, add **garlic & herb seasoning**, then 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** and **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 veggies are tender, **5-6 minutes**.

4



Serve up

- Divide potato mash between bowls.
- Top with Irish beef brisket 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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