



Mediterranean Tender Beef & Risoni Stew

with Pre-Cut Veggies & Parsley

SLOW-COOKER FRIENDLY

MEDITERRANEAN

Grab your meal kit with this number

32



Beef Chuck Roll



Soffritto Mix



Garlic & Herb Seasoning



Classic Roast Seasoning



Diced Tomatoes with Garlic & Onion



Risoni



Baby Leaves



Parsley



Diced Bacon



Grated Parmesan Cheese

Prep in: 15-25 mins
Ready in: 4 hrs 10 mins

Protein Rich

We love a slow cooker dish - add all 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 risoni to keep you satisfied. We can't wait to dig in!

Pantry items

Olive Oil, Plain Flour, Brown Sugar, Butter

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 ovenproof saucepan · Slow cooker with a lid (or foil)

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
classic roast seasoning	1 medium sachet	1 large sachet
diced tomatoes with garlic & onion	1 packet	2 packets
brown sugar*	1 tsp	2 tsp
boiling water*	2 cups	4 cups
risoni	1 medium packet	2 medium packets
butter*	20g	40g
baby leaves	1 small packet	1 medium packet
parsley	1 packet	1 packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2967kJ (709cal)	269kJ (64cal)
Protein (g)	46.3g	4.2g
Fat, total (g)	19.4g	1.8g
- saturated (g)	8g	0.7g
Carbohydrate (g)	82.4g	7.5g
- sugars (g)	20.6g	1.9g
Sodium (mg)	1792mg	162.5mg
Dietary Fibre (g)	8.9g	0.8g

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://www.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 | CW48



1



Get prepped

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

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

3



Add the risoni

- In the last **30-35 minutes** of cook time, remove lid from slow cooker, then add **risoni** and the **butter** to the stew. Stir to combine and cover with lid.
- When stew is done, stir through **baby leaves** until wilted. Season to taste.

TIP: If the risoni is dry, stir through a splash of water!

CUSTOM OPTIONS



ADD DICED BACON

Before cooking sauce, cook diced bacon, breaking up with a spoon, until browned, 4-5 minutes. Continue with recipe.



ADD GRATED PARMESAN CHEESE

Sprinkle over before serving.

2



Make the ragu

- Return 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 **classic roast seasoning** and cook until fragrant, **1-2 minutes**.
- Add **diced tomatoes with garlic & onion**, the **brown sugar** and **boiling water** (2 cups for 2 people / 4 cups for 4 people), then stir to combine.
- Transfer to the 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. Cover pan tightly with a lid (or foil). Bake until thickened and beef is tender, 50-60 minutes. Add risoni in the last 30 minutes of baking and stir to combine.

4



Serve up

- Divide Mediterranean tender beef and risoni stew between bowls.
- Tear over **parsley** to serve. Enjoy!

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

