



Irish Beef Meatball & Red Wine Stew

with Garlic Ciabatta

KID FRIENDLY

Grab your meal kit with this number

4



Potato



Carrot



Beef Mince



Fine Breadcrumbs



Garlic & Herb Seasoning



Tomato



Garlic



Ciabatta



Classic Roast Seasoning



Red Wine Jus



Chicken-Style Stock Powder



Baby Leaves



Lamb Mince



Beef Mince

Prep in: 20-30 mins
Ready in: 30-40 mins

Protein Rich

Dive into a bowl of pure comfort with this hearty Irish stew inspired. Beef meatballs are drenched in a tomato and red wine-based stew, and accompanied by garlic-kissed ciabatta to soak up all the delicious sauce. This dish will have your taste buds doing an Irish jig!

Pantry items

Olive Oil, Egg, 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

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	1	2
carrot	1	2
beef mince	1 medium packet	2 medium packets OR 1 large packet
fine breadcrumbs	1 medium packet	1 large packet
garlic & herb seasoning	1 medium sachet	1 large sachet
egg*	1	2
tomato	1	2
garlic	2 cloves	4 cloves
ciabatta	1	2
classic roast seasoning	1 medium sachet	1 large sachet
red wine jus	1 medium packet	1 large packet
chicken-style stock powder	1 medium sachet	1 large sachet
brown sugar*	1 tsp	2 tsp
water*	½ cup	1 cup
baby leaves	1 small packet	1 medium packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2780kJ (520cal)	520kJ (97cal)
Protein (g)	44g	8.2g
Fat, total (g)	22.8g	4.3g
- saturated (g)	9.4g	1.8g
Carbohydrate (g)	64g	12g
- sugars (g)	12.6g	2.4g
Sodium (mg)	1896mg	354.4mg
Dietary Fibre (g)	10.6g	2g

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



Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato** and **carrot** into bite-sized chunks.
- Place on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Spread out evenly, then roast until tender, **20-25 minutes**.

4



Make the stew

- Wipe out the frying pan and return to medium-high heat with a drizzle of **olive oil**.
- Cook **tomato** until tender, **2-3 minutes**.
- Add **classic roast seasoning** and remaining **garlic**, then cook until fragrant, **1 minute**.
- Reduce heat to medium and add **red wine jus**, **chicken-style stock powder**, the **brown sugar** and **water**. Stir to combine and simmer until slightly reduced, **2-3 minutes**.

2



Prep the meatballs

- In a medium bowl, combine **beef mince**, **fine breadcrumbs**, **garlic & herb seasoning** and the **egg**.
- Using damp hands, roll heaped spoonfuls of **beef mixture** into small meatballs (4-5 per person). Transfer to a plate.

5



Bake the panini

- Meanwhile, brush **garlic oil** over the cut-side of **ciabatta slices**.
- Place **ciabatta** directly on wire racks and bake until heated through, **5-8 minutes**.
- Remove pan from heat, return **meatballs** and add **roast veggies** and **baby leaves**, then stir to combine.

3



Cook the meatballs

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **meatballs**, turning, until browned and cooked through, **8-10 minutes**. Transfer to a plate.
- Meanwhile, roughly chop **tomato**. Finely chop **garlic**. Cut **ciabatta** in half lengthways.
- Combine a generous drizzle of **olive oil** and half the **garlic** in a small bowl. Season with **salt** and **pepper**.

6



Serve up

- Divide Irish beef meatball and red wine stew between bowls.
- Serve with garlic ciabatta. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW49



CUSTOM
OPTIONS



SWAP TO LAMB MINCE
Follow method above.



DOUBLE BEEF MINCE
Follow method above.

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

