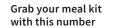


Irish Beef Meatball & Red Wine Stew

with Garlic Ciabatta

KID FRIENDLY













Fine Breadcrumbs





Garlic & Herb Seasoning





Ciabatta





Classic Roast



Seasoning



Chicken-Style Stock Powder



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



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 \cdot Large frying pan

Ingredients

| ingi edients | | | |
|-------------------------------|-----------------|---------------------------------------|--|
| | 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.

Alleraens

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.



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 evently, then roast until tender,
 20-25 minutes.



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.



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.



Make the stew

- Wipe out the frying pan and return to mediumhigh 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.



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.



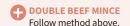
Serve up

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









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

