



# 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

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

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

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
beef chuck roll	1 medium packet	2 medium packets OR 1 large packet
<b>plain flour*</b>	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
<b>brown sugar*</b>	1 tsp	2 tsp
<b>boiling water*</b>	2 cups	4 cups
risoni	½ medium packet	1 medium packet
<b>butter*</b>	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)	2958kJ (706Cal)	541kJ (129Cal)
Protein (g)	46.7g	8.5g
Fat, total (g)	19.5g	3.6g
- saturated (g)	8g	1.5g
Carbohydrate (g)	81.2g	14.8g
- sugars (g)	20.4g	3.7g
Sodium (mg)	1786mg	327mg
Dietary Fibre (g)	8.8g	1.6g

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](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 | CW52



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## Get prepped

- 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 slow cooker.

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

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## Add the risoni

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

## 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.

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



2



## Make the ragu

- Return the 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) and stir to combine. Transfer to 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.

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## Serve up

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