



Creamy Tomato Beef Casserole

with Potato Mash & Radish Salad

KID FRIENDLY

Grab your Meal Kit with this symbol



Potato



Radish



Aussie Spice Blend



Tomato Paste



Beef-Style Stock Powder



Cream



Baby Spinach Leaves



Mixed Salad Leaves



Beef Strips



Beef Strips

Prep in: 20-30 mins
Ready in: 25-35 mins

Tomato paste, cream and a potato mash come together for dinner to create a warm dish that will brighten up your night. Add a helping of beef strips to include that succulent protein and there you have it, the perfect casserole to end the day.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Butter, Milk, Red Wine Vinegar

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

You will need

Large saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
radish	2	3
butter* (for the mash)	40g	80g
milk*	2 tbs	¼ cup
beef strips	1 packet	1 packet (or 2 packets)
Aussie spice blend	1 sachet	1 sachet
butter* (for the sauce)	20g	40g
tomato paste	1 packet	2 packets
beef-style stock powder	1 sachet (5g)	1 sachet (10g)
cream	½ bottle (125ml)	1 bottle (250ml)
water*	¼ cup	½ cup
baby spinach leaves	1 small bag	1 medium bag
mixed salad leaves	1 small bag	1 medium bag
red wine vinegar*	drizzle	drizzle
beef strips**	1 packet	1 packet (or 2 packets)

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3471kJ (830Cal)	653kJ (156Cal)
Protein (g)	38.1g	7.2g
Fat, total (g)	56.3g	10.6g
- saturated (g)	34.7g	6.5g
Carbohydrate (g)	42.3g	8g
- sugars (g)	18.9g	3.6g
Sodium (mg)	1277mg	240mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4268kJ (1020Cal)	650kJ (155Cal)
Protein (g)	66.8g	10.2g
Fat, total (g)	64.7g	9.9g
- saturated (g)	38g	5.8g
Carbohydrate (g)	42.3g	6.4g
- sugars (g)	18.9g	2.9g
Sodium (mg)	1327mg	202mg

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.

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Make the mash

- Boil the kettle. Peel **potato** and cut into large chunks. Thinly slice **radish**.
- Half-fill a large saucepan with boiling water. Cook **potato** in boiling water with a pinch of **salt**, over high heat, until easily pierced with a fork, **12-15 minutes**.
- Drain and return to the pan. Add **butter (for the mash)** and the **milk** to the **potato**. Season with **salt**. Mash until smooth. Cover to keep warm.

Little cooks: Get those muscles working and help mash the potatoes!

TIP: Save time and get more fibre by leaving the potato unpeeled.



Cook the sauce

- Return the frying pan to medium heat with **butter (for the sauce)**. Add **tomato paste** and **beef-style stock powder** and cook until fragrant, **1-2 minutes**.
- Add **cream** (see ingredients) and the **water** and simmer until slightly reduced, **2-3 minutes**.
- Return **beef** to the pan, then add **baby spinach leaves** and stir until wilted. Season with **salt** and **pepper** to taste.



Cook the beef

- Meanwhile, discard any liquid from **beef strips** packaging. In a medium bowl combine **beef strips**, **Aussie spice blend** and a drizzle of **olive oil**.
- In a large frying pan, heat a drizzle of **olive oil** over high heat. When oil is hot, cook **beef strips** in batches, tossing, until browned and cooked through, **1-2 minutes**. Transfer to a plate.

TIP: Cooking the meat in batches over a high heat helps it stay tender.

Little cooks: Kids can help by combining the spice blend and beef.

Custom Recipe: If you've doubled your beef strips. Cook extra beef in batches for the best results.



Serve up

- In a second medium bowl combine radish, **mixed salad leaves** and a drizzle of **red wine vinegar** and olive oil. Season to taste.
- Divide potato mash and creamy tomato beef casserole between bowls.
- Serve with radish salad. Enjoy!

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