



Pulled Beef & Vegetable Stew

with Parmesan Mash

Grab your Meal Kit with this symbol



Potato



Brown Onion



Carrot



Celery



Garlic



Rosemary



Broccolini



Tomato Paste



Beef Stock



Pulled Beef



Grated Parmesan Cheese

Hands-on: 25-35 mins
Ready in: 30-40 mins

You've tried pulled pork. Now it's time to give our tender and tasty pulled beef a go! From the rich tomato stew infused with rosemary to the creamy mash and delightful sautéed greens, don't be too surprised if the bowls are left licked clean!

Pantry items

Olive Oil, Plain Flour, Butter, Milk

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

Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	3	6
brown onion	1 (medium)	1 (large)
carrot	1	2
celery	1	2
garlic	2 cloves	4 cloves
rosemary	1 bunch	1 bunch
broccolini	1 bunch	2 bunches
tomato paste	1 packet	2 packets
plain flour*	2 tsp	4 tsp
beef stock	1 sachet	2 sachets
water*	1½ cups	3 cups
butter*	30g	60g
pulled beef	1 packet	1 packet
milk*	2½ tbs	½ cup
salt*	¼ tsp	½ tsp
grated Parmesan cheese	1 packet (30g)	2 packets (60g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2530kJ (605Cal)	403kJ (96Cal)
Protein (g)	37.4g	6.0g
Fat, total (g)	22.5g	3.6g
- saturated (g)	13.2g	2.1g
Carbohydrate (g)	59.4g	9.5g
- sugars (g)	16.8g	2.7g
Sodium (mg)	1790mg	285mg

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.



1. Get prepped

Bring a medium saucepan of lightly salted water to the boil. Peel the **potato** and cut into 2cm chunks. Finely chop the **brown onion**, **carrot** (unpeeled) and **celery**. Finely chop the **garlic** (or use a garlic press). Pick and finely chop the **rosemary**. Trim and halve the **broccolini** lengthways.

TIP: Run your fingers down the rosemary stalk to remove the leaves easily.



2. Cook the veggies

Add the **potato** to the saucepan of boiling water and cook until easily pierced with a knife, **10-15 minutes**. In the last **5 minutes** of cook time, place a colander or steamer basket on top of the saucepan and add the **broccolini**. Cover with a lid and steam until tender. Transfer the **broccolini** to a bowl and cover to keep warm. Drain the **potato** and return to the saucepan.



3. Start the stew

While the potato is cooking, heat a large frying pan over a medium-high heat with a **drizzle of olive oil**. Add the **onion**, **carrot** and **celery** and cook until softened, **4-5 minutes**. Add the **garlic**, **rosemary** and **tomato paste** and cook, stirring, until fragrant, **1-2 minutes**.



4. Add the pulled beef

Add the **plain flour**, **beef stock**, the **water**, a **good pinch of pepper** and the **1/2** the **butter** to the frying pan and stir to combine. Reduce the heat to medium. Add the **pulled beef** and cook, breaking up in the pan, until the beef is warmed through and the stew has thickened, **4-5 minutes**.



5. Make the Parmesan mash

Add the **milk**, the **salt** and **remaining butter** to the saucepan with the **potato** and mash with a potato masher or fork until smooth. Stir through the **grated Parmesan cheese**.



6. Serve up

Divide the Parmesan mash and broccolini between plates. Top with the pulled beef and vegetable stew.

Enjoy!