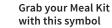


# Creamy French Onion Beef & Mushroom Stew with Garlic Parmesan Mash & Cucumber-Rocket Salad

TASTE TOURS









Potato

**Brown Onion** 



Cucumber



Slow-Cooked



Thyme

Beef Brisket

Sliced Mushrooms



Herb & Mushroom



Seasoning



**Light Cooking** 



**Gravy Granules** 

Garlic Paste



Parmesan Cheese





Balsamic Vinaigrette Dressing



Flaked Almonds

Prep in: 40-50 mins Ready in: 40-50 mins



There is a load of flavour packed into this hearty stew. With slow-cooked beef brisket as the base, flavourful veggies and a saucy gravy, this stew is truly the 'piece de resistance' and makes the perfect base for the fluffy Parmesan mash!

**Pantry items** Olive Oil, Butter, Milk

## Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

#### You will need

Medium saucepan · Large frying pan

# Ingredients

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	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
brown onion	1	2
cucumber	1	2
thyme	1 bag	1 bag
slow-cooked beef brisket	1 small packet	2 small packets OR 1 large packet
sliced mushrooms	1 medium packet	1 large packet
herb &		
mushroom seasoning	1 sachet	2 sachets
gravy granules	1 medium sachet	1 large sachet
water*	¾ cup	1½ cups
light cooking cream	1 medium packet	1 large packet
butter*	40g	80g
garlic paste	1 packet	2 packets
milk*	2 tbs	1/4 cup
Parmesan cheese	1 medium packet	1 large packet
spinach & rocket mix	1 small bag	1 medium bag
balsamic vinaigrette dressing	1 packet	2 packets
flaked almonds	1 medium packet	1 large packet

<sup>\*</sup>Pantry Items

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3743kJ (895Cal)	494kJ (118Cal)
Protein (g)	44.9g	5.9g
Fat, total (g)	58.7g	7.7g
- saturated (g)	29.1g	3.8g
Carbohydrate (g)	45.6g	6g
- sugars (g)	19.2g	2.5g
Sodium (mg)	1874mg	247mg

The quantities provided above are averages only.

# Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



#### Start the Parmesan mash

- Boil the kettle. Half-fill a medium saucepan with boiling water, then add a generous pinch of **salt**.
- Peel potato and cut into large chunks.
- Cook potato in the boiling water, over high heat, until easily pierced with a fork, 12-15 minutes.
  Drain and transfer to a bowl.

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



# Get prepped

- While the potato is cooking, thinly slice **brown onion**.
- Thinly slice **cucumber** into rounds.
- · Pick thyme leaves.
- Transfer slow-cooked beef brisket including the liquid to a bowl and shred with 2 forks.



#### Cook the beef brisket

- In a large frying pan, heat a drizzle of **olive oil** over high heat.
- Cook onion and sliced mushrooms, stirring, until browned and softened, 4-6 minutes.
- Add shredded beef and cook, stirring, until heated through and liquid has evaporated,
  4-5 minutes.
- Reduce heat to medium-high, then add herb & mushroom seasoning and thyme and cook until fragrant, 1 minute.



# Make it saucy

 Stir in gravy granules, the water and light cooking cream, until slightly thickened,
2-3 minutes. Season to taste.



## Finish the Parmesan mash

- Meanwhile, return saucepan to medium-high heat with the **butter** and a drizzle of **olive oil**.
- Cook garlic paste until fragrant, 1 minute.
- Remove saucepan from heat. Return potatoes to pan and add the milk and Parmesan cheese.
  Season generously with salt and mash until smooth.
- In a medium bowl, combine cucumber, spinach & rocket mix and balsamic vinaigrette dressing. Season.



# Serve up

- Bring everything to the table. Serve creamy French onion beef and mushroom stew with garlic Parmesan mash and cucumber-rocket salad.
- Sprinkle flaked almonds over salad to serve. Enjoy!



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