

# Creamy French Onion Beef & Mushroom Stew

with Garlic Parmesan Mash & Cucumber-Rocket Salad

TASTE TOURS

Grab your Meal Kit with this symbol



Potato



Brown Onion



Cucumber



Thyme



Slow-Cooked Beef Brisket



Sliced Mushrooms



Herb & Mushroom Seasoning



Gravy Granules



Light Cooking Cream



Garlic Paste



Parmesan Cheese



Spinach & Rocket Mix



Balsamic Vinaigrette Dressing



Flaked Almonds

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

 Eat Me Early

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

	2 People	4 People
<b>olive oil*</b>	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
<b>water*</b>	¾ cup	1½ cups
light cooking cream	1 medium packet	1 large packet
<b>butter*</b>	40g	80g
garlic paste	1 packet	2 packets
<b>milk*</b>	2 tbs	¼ 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

\*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](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



## 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!

4



## Make it saucy

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

2



## 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.

5



## 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.

3



## 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**.

6



## 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!

## We're here to help!

Scan here if you have any questions or concerns



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