Hearty Irish Beef, Potato & Veggie Stew

with Parsley

✦ Use butter to caramelise beef

Potato

Brown Onion

Garlic

Carrot

Celery

Diced Beef

Tomato Paste

Dijon Mustard

Beef Stock

Parsley

Pantry Staples

Olive Oil

Plain Flour

Butter

Water

Worcestershire Sauce (optional)

Hands-on: 25 mins
Ready in: 50 mins

The Irish really do produce comfort food like no other nation. Tuck into this hearty number and pour yourself a pint of Guinness if you dare – this is warming fare at its absolute best!

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You will need: **kettle**, **chef's knife**, **chopping board**, **garlic crusher**, **vegetable peeler**, **medium saucepan**, **colander**, **large saucepan**, **bowl**, **wooden spoon** and a **jug**. Let's start cooking the **Hearty Irish Beef, Potato & Veggie Stew with Parsley**

2|4 PEOPLE —
INGREDIENTS

	2P	4P
potato	400 g	800 g
brown onion	1	2
garlic	2 cloves	4 cloves
carrot ⊙	1	2
celery	2 stalks	4 stalks
diced beef	1 packet	2 packets
*butter**	1 tbs	2 tbs
*plain flour**	1 tbs	2 tbs
*olive oil**	1 tbs	2 tbs
*water**	1 ¾ cups	2 ½ cups
tomato paste	1 sachet (2 tbs)	2 sachets (4 tbs)
Dijon mustard	1 tub (1 tbs)	2 tubs (2 tbs)
*Worcestershire sauce** (optional)	2 tsp	1 tbs
beef stock	1 cube	2 cubes
parsley	½ bunch	1 bunch

*Pantry Items| ⊙ *Ingredient features in another recipe*

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2390kJ (570Cal)	284kJ (68Cal)
Protein (g)	42.5g	5.1g
Fat, total (g)	21.0g	2.5g
- saturated (g)	8.0g	1.0g
Carbohydrate (g)	47.2g	5.6g
- sugars (g)	14.0g	1.7g
Sodium (g)	1010mg	121mg

1 GET PREPPED
Bring a full kettle of water to the boil. Chop the **potato** (unpeeled) into 3 cm chunks. Finely chop the **brown onion**. Peel and crush the **garlic**. Dice the **carrot** and the **celery**.

2 COOK THE POTATOES
Place the **potato** into a medium saucepan. Pour over the boiling water from the kettle and season generously with **salt** and **pepper**. Bring the water to the boil and cook for **15 minutes**, or until soft when pierced with a knife. Drain and return to the saucepan.

3 BROWN THE BEEF
While the potato is cooking, heat a **dash** of olive oil in a large saucepan over a medium-high heat. Add the **diced beef**, tossing regularly for **2-3 minutes**, or until just browned. ✪ *Add the **butter** and continue to cook for a further **1-2 minutes** until browned and cooked through. Add the **plain flour** and cook for **1 minute**, or until the beef is coated. Set aside in a bowl.*

Adding the butter when the beef is almost cooked means the butter won't burn and, instead, will turn fragrant and nutty and help caramelise the outside of the meat.

4 MAKE THE STEW
Return the large saucepan to a medium-high heat. Add the **olive oil**, **brown onion, garlic, carrot** and **celery**. Cook for **4-5 minutes**, or until softened.

While the veggies cook, combine the **hot water, tomato paste, Dijon mustard, Worcestershire sauce** (if using) and the **beef stock** cube in a jug.

5 MIX IT ALL TOGETHER
Add the beef stock mixture to the vegetables and bring to the boil. Once boiled, reduce the heat to low and add the cooked **beef** and cooked **potato**. Simmer for **5-10 minutes** to heat through. Remove from the heat. Now it's time to season! Add a **pinch** of **salt** and taste the stew. If you can't taste all the flavours add a little more until you can.

6 SERVE UP
Divide the hearty Irish beef, potato and veggie stew between bowls. Pick the **parsley** leaves and sprinkle over the top.

Enjoy!