



## Irish Beef Stew

with Cheesy Mashed Potatoes & Root Veggies

30-40min 2 Servings

This hearty stew tastes like you toiled over it all day, but you'll get it to the table in a fraction of that time. Adding a simple slurry of flour and broth at the end of cooking helps thicken the stew a bit, while also giving it a velvety texture. Served on top of cheesy mashed potatoes, this is the perfect family-friendly gastropub-style dinner enjoyed at home.

## What we send

- 1 medium yellow onion
- $\frac{1}{2}$  lb carrots
- 1 parsnip
- $\frac{1}{4}$  oz parsley
- $\frac{1}{2}$  lb pkg shaved steak <sup>6,17</sup>
- 2 oz shredded cheddar-jack blend <sup>7</sup>
- 2 ( $\frac{1}{2}$  lb) russet potatoes
- 6 oz tomato paste
- 1 pkt beef broth concentrate

## What you need

- kosher salt & ground pepper
- all-purpose flour <sup>1</sup>
- olive oil

## Tools

- medium saucepan
- medium pot
- potato masher or fork

## Allergens

Wheat (1), Soy (6), Milk (7), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 800kcal, Fat 35g, Carbs 91g, Proteins 32g



### 1. Prep ingredients

Cut **onion** into  $\frac{1}{2}$ -inch pieces. Scrub and trim ends from **carrots** and **parsnip**, then cut into 1-inch pieces. Pick and coarsely chop **parsley leaves**; discard stems. Pat **shaved steak** dry.



### 2. Cook potatoes

Scrub **potatoes**, then cut into  $1\frac{1}{2}$ -inch pieces; transfer to a medium saucepan. Add enough **salted water** to cover by 1 inch. Bring to a boil, then reduce heat to simmer. Cook until potatoes are tender when pierced with a knife, 10-12 minutes. Reserve  $\frac{1}{4}$  cup **cooking water**, then drain, and return potatoes to saucepan. Cover to keep warm.



### 3. Brown shaved steak

Season **shaved steak** with **salt** and **pepper**. Place **2 tablespoons flour** in a shallow bowl. Add beef to flour and toss to coat, shaking to remove any excess flour. Heat **2 tablespoons oil** in a medium pot over medium-high. Add beef in a single layer and cook until browned all over and cooked through, 4-5 minutes. Use a slotted spoon to transfer beef to a plate.



### 4. Cook stew

Add **onions**, **carrots**, and **parsnips** to same pot. Cook, stirring occasionally, until veggies are browned and crisp-tender 5-6 minutes. Add **2 tablespoons tomato paste**, stirring to coat. Stir in **broth concentrate** and **2½ cups water**; season with **salt** and **pepper**. Bring to a boil. Add **beef**, reduce to a simmer, and cook, partially covered, until tender, 10-12 minutes.



### 5. Finish stew & potatoes

In a small bowl, whisk to combine **1 tablespoon flour** with  **$\frac{1}{4}$  cup of the broth from stew** until smooth; stir into stew and simmer until thickened, 3-5 minutes. To **potatoes**, add **reserved cooking water**, **shredded cheese**, **half of the parsley**, and **1 tablespoon oil**. Use a potato masher or fork to mash over low heat until smooth and warm. Season to taste with **salt** and **pepper**.



### 6. Serve

Spoon **potatoes** into bowls, creating a well in the middle of each one. Top with **beef stew** and garnish with **remaining parsley**. Enjoy!