



Irish Beef Stew with Cheesy Mashed Potatoes:

Gastropub at Home



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
- 8 oz carrots
- 1 parsnip
- ¼ oz parsley
- ½ lb sirloin steak slices ^{6,17}
- 2 oz cheddar ⁷
- 1 russet potato
- 6 oz tomato paste (use 2 Tbsp)
- 1 pkt beef broth concentrate

What you need

- kosher salt & ground pepper
- all-purpose flour ¹
- olive oil

Tools

- medium saucepan
- medium pot
- potato masher or fork

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

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 780kcal, Fat 35g, Carbs 90g, Proteins 32g



1. Prep ingredients

Halve and chop **all of the onion** into ½-inch pieces. Scrub and trim ends from **carrots** and **parsnip**, then cut into 1-inch pieces. Pick and coarsely chop **parsley leaves**, discarding stems. Pat **beef** dry. Coarsely chop or grate **cheddar**, if necessary.



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.



2. Cook potatoes

Scrub **potato**, then cut into 1½-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 **¼ cup cooking water**, then drain, and return potatoes to saucepan. Cover to keep warm.



5. Finish stew & potatoes

In a small bowl, whisk to combine **1 tablespoon flour** with **¼ cup of the broth** from stew until smooth. Stir into stew and simmer until thickened, 3–5 minutes. To the **potatoes**, add **reserved cooking water, cheese, half of the parsley, and 1 tablespoon oil**. Use a potato masher or fork to mash over low heat until fairly smooth and warm. Season to taste with **salt and pepper**.



3. Brown beef

Season **beef** all over with **salt and pepper**. Place **2 tablespoons flour** in a shallow bowl. Add beef to flour and toss to coat, shaking to remove 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. Transfer to a plate using a slotted spoon.



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!