





## Irish Beef Stew

with Cheesy Mashed Potatoes

 30-40min  2 Servings

This satisfyingly 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 dinner. Cook, relax, and enjoy!

## What we send

- parsley
- parsnips
- sirloin beef strips
- packet beef broth concentrate
- carrots
- Yukon gold potatoes
- yellow onion
- sharp white cheddar <sup>7</sup>
- tomato paste

## What you need

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

## Tools

- box grater
- pot
- saucepan
- 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), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

### Nutrition per serving

Calories 670kcal, Fat 27g, Carbs 52g, Proteins 47g



### 1. Prep ingredients

Trim ends from **onion**, then halve, peel, and chop into ½-inch pieces. Trim ends from **carrots** and **parsnips**, then peel and cut into 1-inch pieces. Pick **parsley leaves** and roughly chop. Cut **beef strips** into 2-inch lengths. Cut **cheddar cheese** into small cubes, or grate on large holes of a box grater.



### 4. Cook stew

Add **onions**, **carrots**, and **parsnips** to pot and season with **salt** and **pepper**. Cook, stirring occasionally, until just browned, about 3 minutes. Return **beef** to pot and add **2 tablespoons tomato paste**, stirring to coat; cook 1 minute. Stir in **broth concentrate**, **2½ cups water**, **¼ teaspoon salt**; bring to a boil. Reduce to a simmer; cook until tender, 15-20 minutes.



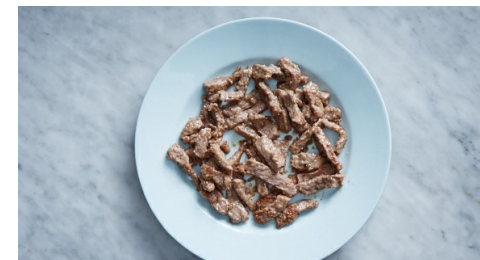
### 2. Cook potatoes

Cut **potatoes** in halves or quarters if large; transfer to a medium saucepan, along with **½ teaspoon salt**, and enough water to cover. Bring to a boil and cook until tender, 10-12 minutes. Reserve **¼ cup potato cooking water**, then drain potatoes. Return them to the pot, cover, and set aside.



### 5. Finish stew & potatoes

In a small bowl, make a slurry by whisking **2 tablespoons flour** with **¼ cup broth from the stew** until smooth. Add to stew, stir to combine and simmer for 5 minutes. To the **boiled potatoes**, add **reserved cooking water**, **cheese**, **half the parsley**, and **1 tablespoon oil**, and mash over low heat until fairly smooth and warm. Season to taste with **salt** and **pepper**.



### 3. Brown beef

Season **beef** with **½ teaspoon salt** and **several grinds pepper**. Add **2 tablespoons flour** to a shallow bowl and toss beef in it to coat, shaking to remove excess flour. Heat **2 tablespoons oil** in a medium pot over medium-high. Add **beef** and cook until browned all over, 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!