



Hearty Beef Stew

with Vegetables and Pearl Barley



30-40min



2 Portions

Nothing says comfort food like a chunky beef stew, but if you're short on time here's a trick. We've used beef stir-fry strips, rather than chuck steak that needs to be slow-cooked, so it's ready in half the time. Brimming with healthy veg, filling pearl barley and enriched with tomato paste, a bowl of this is a cool-weather cure-all.

What we send

- onion
- parsley, garlic
- beef stir-fry strips
- pearl barley ¹
- chicken-style stock cubes
- carrot, celery
- baby spinach leaves
- tomato paste

What you'll require

- boiling water
- plain flour ¹
- sea salt and pepper
- vegetable oil

Utensils

- medium saucepan

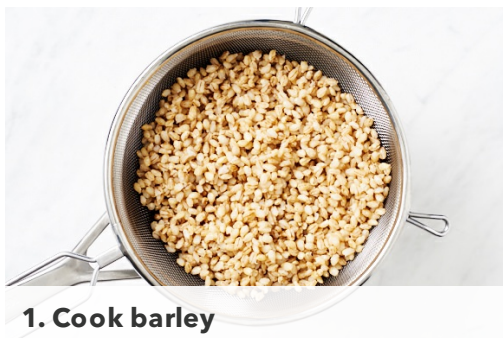
Our vegies come fresh from the farm, so please wash them before use.

Allergens

Gluten (1). May contain traces of other allergens.

Nutrition per serving

Energy 645kcal, Fat 23.4g, Carbs 57.5g, Proteins 43.4g



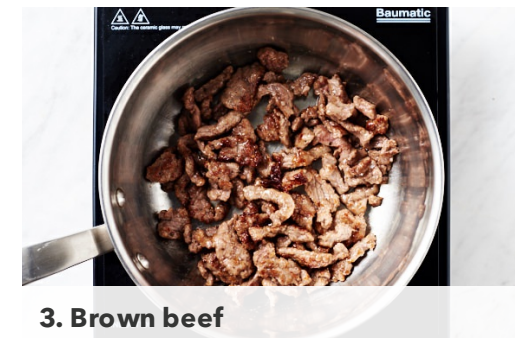
1. Cook barley

Put the **barley** in a medium saucepan and cover with plenty of water. Bring to the boil, then reduce the heat to medium-low and simmer for 30-35 mins until tender. Drain.



2. Make stock

Meanwhile, bring the kettle to the boil. Finely chop the **onion**. Peel and cut the **carrots** into 1cm chunks. Trim and cut the **celery** into 1cm chunks. Crush or finely chop the **garlic**. Crumble the **stock cubes** into a heatproof jug, add **750ml (3 cups) boiling water** and stir to combine. Stir in **1 tbs tomato paste** (the remainder won't be used in this dish).



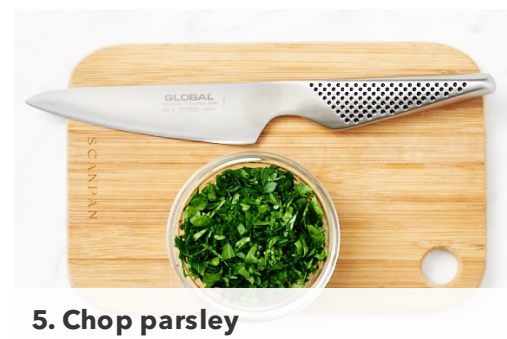
3. Brown beef

Put **1 tbs plain flour** on a plate and season well with **salt and pepper**. Add the **beef** and toss to coat. Heat **1 tbs vegetable oil** in a medium deep frypan over high heat. Stir-fry the beef for 5 mins or until browned. Remove from the pan and set aside.



4. Add vegetables and stock

Add **1 tbs vegetable oil** to the same pan, reduce the heat to medium and cook the **onion, carrot, celery** and **garlic**, stirring, for 5 mins or until soft. Add the **stock** and bring to the boil. Reduce the heat to low and cook for 10 mins or until the vegetables are tender.



5. Chop parsley

Meanwhile, finely chop the **parsley leaves**, including the stems.



6. Get ready to serve

Add the **barley, beef** and **spinach** to the soup and cook for 1-2 mins until the beef is warmed through and the spinach has wilted. Season with **salt and pepper**. Divide the **stew** among bowls and scatter over the **parsley** to serve.