

Irish Beef and Potato Stew

with Sour Cream and Chives

hellóchef

Enjoy this hearty supper to celebrate all things Irish!

Cals 773 • Prot 65 • Carbs 45 • Fat 38

hellochef.com • 04-383-93-99 • hello@hellochef.com



Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

To serve	2 ppl	3 ppl	4 ppl	
Fresh chives	15	15	15	Grams
Sour cream 4*	60	90	120	Grams
Stew				
Steak strips	350	525	700	Grams
Water	400	600	800	ML
Beef stock cube 4*, 5*, 9*, 11*, 15*	0.5	1	1	Piece
Red onion	1	1	2	Piece
Garlic cloves	2	3	4	Piece
Potatoes	300	450	600	Grams
Carrot	1	2	2	Piece
Beef bacon	60	90	120	Grams
Butter 4*	30	50	50	Grams
Vegetable oil	1	1	2	Tbsp
Salt	0.5	0.5	1	Tsp
Plain flour 10*, 11*	10	15	20	Grams
Tomato paste	50	70	70	Grams
Worcestershire sauce 6*, 11*	15	22	30	ML
Dijon mustard 13*	6	9	12	Grams
Dried bay leaves	2	3	4	Piece
Dried thyme	2	2	4	Grams
Black pepper	0.5	0.5	1	Tsp

Allergens

*4 Milk, *5 Eggs, *9 Soya, *11 Gluten, *15 Celery, *10 Wheat, *6 Fish, *13 Mustard

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information	Per Serving*
Energy (kJ/kcal)	3229 / 773
Fat (g)	38.4
of which saturates (g)	20.1
Carbohydrate (g)	45
of which sugars (g)	11.5
Fiber (g)	8.9
Protein (g)	65.2
Salt (g)	4.6

*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Prep

Boil the **measured water** and dissolve the {0.5/1/1} **beef stock cube** in it. This is your **beef stock**. Peel and finely chop the **onion**. Peel and mince the **garlic**. Peel and chop the **potatoes** and **carrot** into bite-sized pieces. Chop the **beef bacon** into small bite-sized pieces.



2 Fry beef

Heat a large pot over a medium-high heat. Add the **butter** and a drizzle of **oil**. Once hot, add the **steak strips** and the **chopped beef bacon**. Fry for 2-3 min until browned.



3 Add vegetables

Add the **potatoes, carrots, onion** and **garlic** to the pot with a pinch of **salt**. Cook for 3 min further. Sprinkle with the **flour** and mix well. Add the **tomato paste** and stir for 1 min further.



4 Simmer

Add the **beef stock, Worcestershire sauce, Dijon mustard, bay leaves** and **thyme**. Mix well and bring to a simmer, cover with a lid and reduce the heat to low. Cook for 25-30 min or until the **potatoes** and **carrots** have fully softened. Stir occasionally and add a splash of **water** if needed. Season with **salt** and **black pepper** to taste.



5 Serve

Meanwhile, finely chop the **chives**. Divide the **stew** among bowls and garnish with a dollop of **sour cream** and the **chives**.

Tip! This one's even better when prepared in advance. Reheat with a splash of water.