

# Classic Beef Stew

## with Dumplings

hellóchef

Traditionally made with suet, we've used butter in our dumplings to keep things simple!

Cals 997 • Prot 52 • Carbs 96 • Fat 48

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🕒 cook: 30 min

R3162

Before you start

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

Ingredients

Stew	2 ppl	3 ppl	4 ppl	
Pulled beef	200	300	400	Grams
Garlic cloves	2	3	4	Piece
Carrot	1	2	2	Piece
Brown onion	1	1	2	Piece
White cabbage	300	450	600	Grams
Tomato paste	50	70	70	Grams
Plain flour <b>10*</b> , <b>11*</b>	15	20	30	Grams
Butter <b>4*</b>	10	20	20	Grams
Red vinegar	15	22	30	ML
Dijon mustard <b>13*</b>	6	9	12	Grams
Brown sugar	5	5	10	Grams
Marmite <b>11*</b> , <b>15*</b>	8	8	16	Grams
Chicken jus <b>15*</b>	150	300	300	ML
Worcestershire sauce <b>6*</b> , <b>11*</b>	15	22	30	ML
Water	200	250	350	ML
Dried bay leaves	1	2	2	Piece
Black pepper	0.5	0.5	1	Tsp

Dumplings

Butter <b>4*</b>	50	50	100	Grams
Grated cheddar <b>4*</b>	60	60	120	Grams
Plain flour <b>10*</b> , <b>11*</b>	140	140	280	Grams
Baking powder	5	5	10	Grams
Water	25	25	50	ML

Garnish

Fresh parsley	15	15	15	Grams
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Allergens

**\*10 Wheat, \*11 Gluten, \*4 Milk, \*13 Mustard, \*15 Celery, \*6 Fish**

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)	4152 / 997
Fat (g)	48
of which saturates (g)	30.1
Carbohydrate (g)	96
of which sugars (g)	19.2
Fiber (g)	9.4
Protein (g)	51.9
Salt (g)	3.8

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



1 Make dumplings

Preheat the oven to 200°C/180°C fan. Place the large **butter**, **cheese**, large bag of **flour** and **baking powder** in a bowl. Using your fingertips, rub the mixture until it resembles breadcrumbs. Add the cold **measured water** and bring the mixture together into a soft dough. Shape into {8/8/16} **dumplings**. Refrigerate until step 4.



4 Stew

Add the **pulled beef**, **red vinegar**, **dijon mustard**, **sugar**, **marmite**, **chicken jus**, **Worcestershire sauce**, **measured water**, **bay leaves**, **salt** and **pepper**. Transfer the lot to an ovenproof dish. Top with the **dumplings**. Place the **stew** in the oven and bake for 20 min or until the **dumplings** have puffed up.



2 Prep

Peel and mince the **garlic**. Peel and finely dice the **carrot** and **onion** Shred the **cabbage** finely.



5 Serve

Divide the **stew** among bowls, garnish with the **fresh parsley** and serve immediately.



3 Fry base

Heat a pan over a medium heat with a drizzle of oil. Once hot, add the **carrot**, **cabbage** and **onion** with a pinch of salt and cook for 5–6 min or until softened. Add the **garlic**, **tomato paste**, small **flour** and small **butter**. Fry for 1 min further.

**Tip!** If you have an oven proof casserole dish, you can use it to both fry the base and bake the stew!