



Beef Goulash Stew

A hearty beef and potato stew with mild paprika, tomato and oregano, served with warm garlic bread and a dollop of sour cream.

 50 Minutes

 2 Servings

 Beef

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	47g	41g	65g

FROM YOUR BOX

BABY POTATOES	400g
BEEF MINCE	300g
BROWN ONION	1
GARLIC CLOVES	2
BEEF STOCK PASTE	1 small jar
RED CAPSICUM	1
TOMATO PASTE	2 sachets
SOURDOUGH ROLLS	2
SOUR CREAM	1 tub

FROM YOUR PANTRY

salt, pepper, ground paprika, dried oregano, 40g butter, cornflour

COOKING TOOLS

saucepan, large frypan with lid

For a slow cooker option, brown the mince, then add remaining ingredients, using 2 cups water. Cook on LOW for 4–6 hours.

Before you start cooking!

Wash your veggies and set out all ingredients, pans, chopping board and knife.

No gluten option – rolls are replaced with GF rolls.



1. PREPARE the VEGETABLES

Set oven to 220°C.

Halve **baby potatoes**. Dice **red capsicum** and **brown onion**.

tip Short on time? Boil the potatoes separately, then stir into the stew before serving.



4. SIMMER the Beef Stew

Stir in **1/2 jar stock**, **tomato paste**, **potatoes** and **2 cups water**. Bring to a boil, then reduce heat to medium. Semi-cover and simmer for 25–30 minutes, stirring occasionally, until **potatoes** are tender and the **sauce** has thickened.



2. BROWN the Mince

Heat a large frypan with **oil** over medium-high heat. Add **mince** and cook for 5 minutes while breaking up lumps with a spoon. Season with **salt and pepper**.



5. MAKE the GARLIC BREAD

Halve **sourdough rolls**. Mix **40g butter**, **1/2 tbsp olive oil** and **1 crushed garlic clove**. Spread over the cut sides and place on an oven tray. Bake for 5–8 minutes until golden.

tip Kids love cheesy garlic bread! Sprinkle grated cheese over the garlic butter before baking.



3. ADD the FLAVOUR

Add **onion**, **capsicum** and **1 crushed garlic clove**. Cook for 3–4 minutes until softened. Stir in **2 tsp ground paprika**, **1 tsp dried oregano** and **1 tsp cornflour**.



6. FINISH AND SERVE

Season the **stew** to taste with **salt and pepper**. Add extra **water** if the **sauce** is too thick. Serve in bowls with a dollop of **sour cream** and warm **garlic bread** on the side.

tip If you have some, add fresh herbs for garnish, like parsley or thyme!