

for the
little onesPotato fritters
& Goulash Sauce

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



4/6 Servings



Beef

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
4/6 Person:	46g	27g	50g/54g

FROM YOUR BOX

	4 PERSON	6 PERSON
BABY POTATOES	800g	1.2kg
BEEF MINCE	600g	600g + 300g
BROWN ONION	1	1
GARLIC CLOVES	3	4
BEEF STOCK PASTE	1 jar	1 jar
RED CAPSICUM	1	2
TOMATO PASTE	140g	140g
SOURDOUGH ROLLS	2	4
SOUR CREAM	1 tub	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 **stock**, **tomato paste**, **potatoes** and **3 1/2 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.

6P – use 5 cups water.



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.

6P – use 65g butter & 2 garlic cloves.

tip Add grated cheese for cheesy garlic bread.



3. ADD the FLAVOUR

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

6P – use 1 1/2 tbsp paprika, 3 tsp oregano and 1 tbsp 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!