




# Country Beef Hotpot

A comforting beef and root vegetable stew, perfect for the cooler weather.

 40 minutes

 4 servings

 Beef

Per serve:	<b>PROTEIN</b>	<b>TOTAL FAT</b>	<b>CARBOHYDRATES</b>
	35g	25g	24g

## FROM YOUR BOX

BROWN ONION	1
MEDIUM POTATOES	3
CELERY STICK	1
CARROTS	2
BEEF MINCE	600g
BAVARIAN MUSTARD	1 jar
KALE LEAVES	4

## FROM YOUR PANTRY

oil for cooking, salt and pepper, flour (of choice)

## NOTES

You can transform this dish into a beef curry. Leave out the mustard, use your preferred curry paste or spices and simmer in coconut milk instead. Serve with naan bread or rice.

This dish can be cooked in the slow cooker if you have one.

Serve stew with crusty bread if preferred.

## 1. PREPARE THE VEGETABLES

Dice **onion**, **potatoes**, **celery** and **carrots** into even pieces.

**TIP** *We diced the vegetables to 1-2cm in size.*

## 2. BROWN THE BEEF

Heat a large pan over medium-high heat with **oil**. Add **beef** and break apart with wooden spoon. Cook until sealed.

**TIP** *You can add seasonings such as a pre-made stew mix, ground spices or herbs. We used 3 tsp dried thyme.*

## 3. SIMMER THE STEW

Stir in prepared vegetables, **mustard** and **2 tbsp flour**. Pour in **1.5L water** and stir to combine. Cover and simmer for 25-30 minutes until vegetables are tender. Slice and stir through **kale** until wilted. Season to taste.

**TIP** *You can use a stock cube or stock paste for added flavour.*

## 4. FINISH AND SERVE

Season stew with **salt** and generous amount of **cracked black pepper**. Divide among bowls to serve.

**TIP** *We seasoned the stew with soy sauce.*