



# Miso Beef, Mushroom & Roasted Butternut Squash Stew with Bulgur Wheat

N° 2

**CLASSIC** 45 Minutes • 1 of your 5 a day



Diced Butternut Squash



Onion



Closed Cup Mushrooms



Garlic Clove



Ginger



Spring Onion



Chicken Stock Powder



Bulgur Wheat



Beef Mince



Miso Paste



Soy Sauce



Honey

## Before you start

Our fruit, veggies and herbs need a wash before you use them!

### Basic cooking tools you will need:

Baking Tray, Peeler, Fine Grater (or Garlic Press), Measuring Jug, Saucepan and Frying Pan.

### Ingredients

	2P	3P	4P
Diced Butternut Squash**	1 small pack	1 large pack	2 small packs
Onion**	1	1	2
Closed Cup Mushrooms**	1 small punnet	1 large punnet	2 small punnets
Garlic Clove**	2	3	4
Ginger**	1	1.5	2
Spring Onion**	1	2	2
Water for the Bulgur*	240ml	360ml	480ml
Chicken Stock Powder	1 sachet	1½ sachets	2 sachets
Bulgur Wheat <b>13)</b>	120g	180g	240g
Beef Mince**	240g	360g	480g
Miso Paste <b>11)</b>	1 small sachet	1 large sachet	2 small sachets
Soy Sauce <b>11) 13)</b>	1 sachet	1½ sachets	2 sachets
Honey	1 sachet	1½ sachets	2 sachets
Water for the Beef*	150ml	225ml	300ml

\*Not Included \*\* Store in the Fridge

### Nutrition

	Per serving	Per 100g
for uncooked ingredients	537g	100g
Energy (kJ/kcal)	2718 / 650	506 / 121
Fat (g)	22	4
Sat. Fat (g)	9	2
Carbohydrate (g)	75	14
Sugars (g)	20	4
Protein (g)	38	7
Salt (g)	3.73	0.69

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

**11)** Soya **13)** Gluten

Wash your hands before and after handling ingredients.

Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

### Contact

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## 1. Roast the Squash

Preheat your oven to 200°C. Pop the **squash** on a baking tray, drizzle with **oil** and season with **salt** and **pepper**. Toss to coat, then roast on the top shelf of your oven until golden brown and tender, 25-30 mins, turning halfway through cooking.



## 4. Cook the Beef

Heat a drizzle of **oil** in a frying pan on medium-high heat. Once the **oil** is hot, add the **beef mince** and cook until browned, 4-5 mins. Use a wooden spoon to break it up as it cooks. **IMPORTANT: The mince is cooked when it is no longer pink in the middle.** Once cooked, add the **onion** and **mushrooms**, stir and cook until the **onion** is softened and the **mushrooms** browned, 6-8 mins, adding more **oil** if needed. Add the **garlic** and **ginger**, stir and cook for 1 minute.



## 2. Prep Time

Meanwhile, halve, peel and thinly slice the **onion**. Roughly chop the **mushrooms**. Peel and grate the **garlic** (or use a garlic press). Peel and grate the **ginger**. Trim the **spring onion** and thinly slice.



## 5. Simmer

Add the **miso paste**, **soy sauce** and **honey** to the **beef** along with the **water** (see ingredients for amount). Stir together, bring to the boil and simmer until reduced by half, 4-5 mins. Stir in the **butternut squash** once it is cooked. Taste and add **salt** and **pepper** if you feel it needs it, then remove from the heat.



## 3. Cook the Bulgur

Pour the **water** for the bulgur wheat (see ingredients for amount) into a saucepan along with the **chicken stock powder**. Bring to the boil, stir in the **bulgur**, bring back up to the boil and simmer for 1 minute. Pop a lid on the pan and remove from the heat. Leave to the side for 12-15 mins or until ready to serve.



## 6. Finish and Serve

Fluff up the **bulgur wheat** with a fork, season to taste with **salt** and **pepper**, spoon into bowls. Top with the **miso beef** and finish with a sprinkling of **spring onions**.

Enjoy!