



HEARTY BEEF STEW OVER BARLEY

with Peas and Root Veggies



HELLO

HEARTY STEW SEASONING

Mild, warming spices give this dish incredible depth

PREP: 10 MIN | TOTAL: 40 MIN | CALORIES: 500



Yellow Onion



Parsnip



Beef Sirloin Tips



Hearty Stew Seasoning



Tomato Paste



Carrot



Pearled Barley
(Contains: Wheat)



Flour
(Contains: Wheat)



Peas



Beef Stock Concentrates

START STRONG

Try to cut the root veggies into evenly sized pieces so that they cook at the same rate and turn tender at the same time.

BUST OUT

- Peeler
- Small pot
- Large bowl
- Large pot
- Olive oil (4 tsp)

INGREDIENTS

Ingredient 4-person

- | | |
|---------------------------|--------|
| • Yellow Onion | 1 |
| • Carrot | 1 |
| • Parsnip | 1 |
| • Pearled Barley | 1 Cup |
| • Beef Sirloin Tips | 16 oz |
| • Flour | 2 TBSP |
| • Hearty Stew Seasoning | 1 TBSP |
| • Tomato Paste | 1 TBSP |
| • Beef Stock Concentrates | 2 |
| • Peas | 4 oz |

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1 PREP Wash and dry all produce. Peel, halve, and chop **onion**. Peel **carrot** and **parsnip**, then chop each into ½-inch pieces.



4 BROWN STEAK AND VEGGIES Heat a large drizzle of **olive oil** in large pot on medium-high. Add **steak** and cook just until browned, 3-4 minutes. Remove from pot and set aside. Heat another large drizzle of **olive oil** in same pot. Add **carrot, parsnip, onion**, and **2 TBSP water**. Scrape up any browned bits from bottom. Cook, stirring occasionally, until veggies soften, about 7 minutes.



2 COOK BARLEY Put **2½ cups water, barley**, and a large pinch of **salt** in a small pot. Bring to a boil, then lower heat and reduce to a simmer. Cook until al dente, 12-15 minutes. **TIP:** If there's any water left after cooking, drain it from the barley.



5 SIMMER STEW Stir in **1 TBSP tomato paste** (we sent more), **stock concentrates**, and **2 cups water**. Bring to a boil, then lower heat to medium. Simmer until liquid thickens slightly, about 5 minutes. Stir in **peas, beef**, and any juices released by meat. Simmer until peas are warmed through and steak reaches desired doneness, 2-3 minutes.



3 SEASON STEAK Meanwhile, place **beef** in a large bowl with **flour, hearty stew seasoning**, and **salt and pepper**. Toss to coat. Shake off any excess flour mixture from beef and discard anything that doesn't stick to the meat.  **KIDS CAN HELP!**



6 PLATE AND SERVE Divide **barley** between bowls. Ladle **stew** over and serve.

COZY!

Timeless beef and barley is like the fuzzy sweater of the food world.