



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

Nº 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 13)	120g	180g	240g
Beef Mince**	240g	360g	480g
Miso Paste 11)	1 small sachet	1 large sachet	2 small sachets
Soy Sauce 11) 13)	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!