DINNER TWIST
LOCAL, HEALTHY, DELIVERED

Product Spotlight: Cauliflower

Cauliflower is chock full of vitamins and minerals! It offers a good source of choline which assists in brain development, improving learning and memory!

4 Braised Winter Stew

with Cauliflower Mash

Sweet leek and tender mushrooms braised with rosemary and mustard, served on a bed of creamy cauliflower mash.

35 minutes | 2 servings | Plant-Based

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Mix it up!

If you have any fresh thyme leaves or bay leaves you can add it to the stew! Stir a little nutritional yeast or nut cheese through the mash for a cheesy finish.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	10g	2g	27g

FROM YOUR BOX

CAULIFLOWER	1/2
LEEK	1/2 *
CARROT	1
RED CAPSICUM	1
BABY KING OYSTER MUSHROOMS	400g
ROSEMARY	1 stalk
STOCK PASTE	1/2 jar *
BABY SPINACH	1/2 bag (100g) *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, flour (of choice), balsamic vinegar, dijon mustard

KEY UTENSILS

large frypan with lid, saucepan, stick mixer or food processor

NOTES

The stick mixer will give your cauliflower mash a smoother finish. Otherwise if you prefer a little texture you can mash it with a potato masher.

1. COOK THE CAULIFLOWER

Bring a large saucepan of water to boil. Cut cauliflower into small florets and add to simmering water. Cook for 8-10 minutes until tender. Drain and return to pan.
Use a stick mixer to pureé the cauliflower. Season with **salt and pepper** to taste.

2. PREPARE THE VEGETABLES

Meanwhile, slice leek, carrot and capsicum. Halve any larger mushrooms. Chop rosemary leaves to yield 1 tsp.

3. SAUTÉ THE VEGETABLES

Heat a large frypan over medium-high heat with **oil**. Add all the prepared vegetables and cook for 6-8 minutes until softened and mushrooms are browned.

4. SIMMER THE STEW

Stir through **1 tbsp flour, 1/2 tbsp mustard, 1/2 tbsp balsamic vinegar** and stock paste. Pour in **2 cups water**. Cover and simmer for 10 minutes. Season with **salt and pepper** to taste.

5. DRESS THE SPINACH

Meanwhile, toss spinach with **1/2 tbsp balsamic vinegar** and **1 tbsp olive oil**.

6. FINISH AND PLATE

Divide cauliflower mash and stew over shallow bowls. Serve with side of spinach.

How did the cooking go? We'd love to know - help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on 0481 072 599 or send an email to hello@dinnertwist.com.au