



Product Spotlight: Umami Stock Paste

Umami means “essence of deliciousness”; we think that’s a perfect description for this nourishing plant-based broth. This paste is a concentrated blend of vegetables, miso and assorted mushrooms.



Mushroom Bourguignon with Smashed Potatoes

This mushroom bourguignon is so rich and comforting that you don’t even miss the meat! Cooked with umami-rich mushroom stock paste and beluga lentils and served over crispy smashed potatoes.



30 minutes



2 servings



Vegetarian

18 August 2023

Switch it up!

Switch the smashed potatoes for mashed potatoes! Boil until soft and mash with milk and butter. Season to taste with salt and pepper.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	19g	1g	84g

FROM YOUR BOX

BABY POTATOES	400g
BROWN ONION	1
BUTTON MUSHROOMS	150g
GOURMET MUSHROOMS	1 packet
GARLIC CLOVES	2
CARROT	1
TINNED BELUGA LENTILS	400g
TOMATO PASTE	1 sachet
UMAMI STOCK PASTE	1 jar
PARSLEY	1 packet

FROM YOUR PANTRY

oil for cooking, salt, pepper, dried rosemary, cornflour, dried thyme, balsamic vinegar

KEY UTENSILS

large frypan, saucepan, oven tray, kettle

NOTES

Most of our veggies come pre-washed, but it's always good to give them an extra rinse.



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1. BOIL THE POTATOES

Set oven to 250°C and boil kettle.

Add potatoes to a saucepan and cover with **hot water** from kettle. Bring to a boil and cook for 10 minutes until tender. Drain potatoes (see step 4).



2. SAUTÉ THE MUSHROOMS

Heat a large frypan over medium-high heat with **oil**. Slice onion, halve button mushrooms, trim and chop gourmet mushrooms as desired, and crush garlic cloves. Add to pan as you go with **1 1/2 tsp rosemary**. Sauté for 5-7 minutes until browned.



3. SIMMER THE BOURGIGNON

Slice carrot and drain and rinse lentils. Add to pan as you go along with tomato paste. Add stock to a jug along with **1 1/2 tbsp cornflour** and **1 1/2 cups water**. Whisk to combine and pour into pan. Stir to combine. Simmer, semi-covered for 10-15 minutes until carrot is tender.



4. SMASH THE POTATOES

Add drained potatoes to a lined oven tray. Use a spatula or the bottom of a glass to smash the potatoes. Drizzle over **oil** and season with **2 tsp thyme, salt and pepper**. Roast for 10-15 minutes until golden and crispy.



5. CHOP THE PARSLEY

Roughly chop parsley leaves.

Season the Bourguignon with **3 tsp vinegar, salt and pepper**.



6. FINISH AND SERVE

Divide mushroom Bourguignon among shallow bowls. Serve with smashed potatoes and garnish with parsley.

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**

