



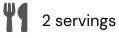


# Mushroom Bourguignon

# 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.







# 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

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
TOMATO PASTE  UMAMI STOCK PASTE	1 sachet 1 jar

#### 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.





#### 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 BOURGUIGNON

Slice carrot and drain and rinse lentils. Add to pan as you go along with tomato paste. Add stock to a jug along with 11/2 tbsp cornflour and 11/2 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



