



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### PRODUCT SPOTLIGHT: THYME

To quickly remove thyme leaves - place your fingers at the bottom of the stem, hold upside down and firmly slide the leaves down.

## 2. MUSHROOM GOULASH

A hearty paprika goulash stew with mushrooms, potatoes and thyme, served on a bed of fluffy quinoa.

 35 Minutes

 2 Servings

 Plant-based

#### PER SERVE

PROTEIN	TOTAL FAT	CARBOHYDRATES
15g	16g	89g

11 May 2020

## FROM YOUR BOX

WHITE QUINOA	1 packet (100g)
SPRING ONIONS	2 *
POTATOES	200g
CARROT	1
MUSHROOMS	300g
THYME	1/2 packet *
VEGGIE STOCK PASTE	1/2 jar
TOMATO PASTE	1 sachet
GREEN BEANS	1 bag (150g)

\* Ingredient also used in another recipe

## FROM YOUR PANTRY

oil (for cooking), salt, pepper, ground paprika, ground cumin, flour (of choice)

## KEY UTENSILS

saucepan, large frypan with lid

## NOTES

For a speedier dish, grate the potato and carrot instead of dicing. Cut the mushrooms chunky as they will reduce in size.

Spice up the dish - add a bay leaf or 1/2 tsp of caraway seeds to the stew as it simmers!



### 1. COOK THE QUINOA

Place quinoa in a saucepan and cover with water. Bring to the boil and simmer for 10-15 minutes, or until tender. Drain and rinse.



### 2. PREPARE THE VEGETABLES

Slice spring onions (reserve tops for garnish). Dice potatoes and carrot. Cut mushrooms into bite size pieces (see notes).



### 3. SAUTÉ THE VEGETABLES

Heat a frypan over medium-high heat with **oil**. Add vegetables and 1 tsp thyme leaves to pan along with **2 tsp each of paprika and cumin**. Cook for 5 minutes until golden.



### 4. SIMMER THE STEW

Stir in **1 tbsp flour**, 1/2 jar veggie stock paste and tomato paste. Pour in **2 cups water**, cover and simmer for 15 minutes until vegetables are tender. Trim and slice beans, add to stew for 2 minutes.



### 5. FINISH AND PLATE

Season the stew with **salt and pepper**. Divide quinoa and stew among shallow bowls. Garnish with sliced spring onion tops.