



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

 4 Servings

 Plant-based

PER SERVE

PROTEIN	TOTAL FAT	CARBOHYDRATES
11.5g	5g	41g

11 May 2020

FROM YOUR BOX

WHITE QUINOA	1 packet (200g)
SPRING ONIONS	1/4 bunch *
POTATOES	400g
CARROT	1
MUSHROOMS	600g
THYME	1/2 packet *
VEGGIE STOCK PASTE	1 jar
TOMATO PASTE	2 sachets
GREEN BEANS	1 bag (250g)

* 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

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 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 thyme leaves to pan along with **3 tsp each of paprika and cumin**. Cook for 5 minutes until golden.



4. SIMMER THE STEW

Stir in **2 tbsp flour**, veggie stock paste and tomato paste. Pour in **1L 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.