



### 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 lentils and served over crispy smashed potatoes.



30 minutes



2 servings



Plant-Based

## 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** 15g **TOTAL FAT** 5g **CARBOHYDRATES** 71g

## FROM YOUR BOX

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

## FROM YOUR PANTRY

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

## KEY UTENSILS

large frypan, saucepan, oven tray, kettle

## NOTES

Let it simmer low and slow (30–40 minutes) to really bring out the richness in the mushroom sauce – it only gets better with time.



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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 the kettle. Bring to a boil and cook for 10 minutes until tender. Drain potatoes (see step 4).



### 2. SAUTÉ THE MUSHROOMS

Slice **onion**, halve **button mushrooms**, trim and chop **gourmet mushrooms** as desired, crush **garlic** and finely chop **rosemary** leaves. Heat a large frypan over medium–high heat with **oil**. Add prepared vegetables to pan and sauté for 5–7 minutes until browned.



### 3. SIMMER THE BOURGUIGNON

Slice **carrots**. 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 (see notes). 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**.

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