



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 served over crispy smashed potatoes.



30 minutes



4 servings



Vegetarian

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
	21g	14g	70g

FROM YOUR BOX

BABY POTATOES	800g
BROWN ONION	1
BUTTON MUSHROOMS	300g
GOURMET MUSHROOMS	1 packet
GARLIC CLOVES	2
ROSEMARY SPRIG	1
CARROTS	2
TINNED BELUGA LENTILS	400g
TOMATO PASTE	1 sachet
UMAMI STOCK PASTE	2 jars
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

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 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 BOURGIGNON

Slice carrots. Drain and rinse lentils. Add to pan as go you along with tomato paste. Add stock to a jug along with **2 tbsp cornflour** and **500ml 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 bottom of a glass to smash the potatoes. Drizzle over **oil** and season with **3 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 **1 tbsp 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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