



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 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** 14g **TOTAL FAT** 5g **CARBOHYDRATES** 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 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

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).



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.



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.



5. CHOP THE PARSLEY

Roughly chop **parsley** leaves (see notes). Season the Bourguignon with **1 tbsp vinegar, salt** and **pepper**.



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 **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.



6. FINISH AND SERVE

Divide **mushroom Bourguignon** among shallow bowls. Serve with smashed **potatoes** and garnish with **parsley**.

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