



Mushroom Ragú

Hearty and comforting, featuring a rich mushroom and vegetable ragú served over creamy mashed potatoes, finished with a sprinkle of parmesan.



35 minutes



4 servings



Vegetarian

FROM YOUR BOX

MEDIUM POTATOES	1kg
BROWN ONION	1
RED CAPSICUM	1
ZUCCHINI	1
BUTTON MUSHROOMS	300g
ROSEMARY	1 stalk
TINNED CHOPPED TOMATOES	400g
PARMESAN CHEESE	1 packet

FROM YOUR PANTRY

oil for cooking, salt and pepper, olive oil, balsamic vinegar

NOTES

Boost the protein and add a drained can of lentils or chickpeas to the ragú.

1. COOK THE POTATOES

Roughly chop **potatoes**. Add to a saucepan and cover with plenty of water. Bring to a boil and simmer for 15 minutes or until tender. Reserve **1/2 cup cooking liquid** before draining. Return potatoes to saucepan along with reserved cooking liquid. Mash to desired consistency. Season well with **salt and pepper**.

TIP *Peel potatoes if desired. Add milk, cream, butter or olive oil for extra flavour. We added 2 tbsp butter and used 1/2 cup milk.*

2. SAUTÉ THE VEGETABLES

Dice **onion**, **capsicum**, and **zucchini**. Slice **mushrooms**. Heat a large pan over medium-high heat with **2 tbsp olive oil**. Add onion and cook for 3 minutes until softened. Add remaining vegetables along with chopped **rosemary leaves**. Cook for 5–7 minutes, stirring occasionally, until vegetables are softened.

TIP *For extra flavour, add minced garlic or a pinch of chilli flakes.*

3. SIMMER THE STEW

Stir in **tinned tomatoes**, **1 cup water** and **1 tbsp balsamic vinegar**. Bring to a simmer and cook for 10–12 minutes, until the sauce thickens slightly. Season with **salt and pepper**.

TIP *Stir in a crumbled stock cube or use stock paste for depth of flavour. Add dried oregano, smoked paprika, or a pinch of sugar if desired.*

4. FINISH AND SERVE

Serve the mushroom ragú over mashed potatoes and garnish with **parmesan**.

TIP *Try topping with toasted nuts or a drizzle of olive oil for added texture and richness.*

This recipe has simplified instructions to help lower your meal cost.